ABSTRACT

Qoulan Karima, 2023. The Effects of Takokak (Solanum torvum sw) Milk Feeding on Lymphocyte Counts in Adult Women 20-45 Years (Secondary Data). Thesis. Bachelor of Science Program in Applied Nutrition and Dietetics, Department of Nutrition, Health Polytechnic of the Ministry of Health Malang. (Under the mentorship of: **Dr. Nur Rahman, STP, MP, and Dr. Ir. Endang Sutjiati, M. Kes**).

Lymphocytes are one type of leukocyte cells, where the number and composition of blood leukocyte cells provide an indicator of a person's inflammatory and immune status. Lymphocyte cells are specific as a host immune response to chronic inflammation. One of the herbal plants that has active components that can be used as anti-inflammatory is tekokak fruit modified with milk. The purpose of this study was to determine the effect of tekokak milk on blood lymphocytes in adult women aged 20-45 years. This research is a *quasi-experiment* with *control group design* method. The sampling technique was purposive sampling with a total sample of 20 healthy respondents without allergies and a previous history of disease who were members of the Rabbani LKSA, Singosari, Malang Regency randomly divided equally into the control group (n = 5) and the intervention group (n = 15) for 14 days. The intervention group consumed 40 grams, 80 grams, and 120 grams of tekokak milk per day. The subjects then had a blood sample taken before and after the intervention. Blood lab examination was done twice during the 2 weeks of intervention. Food intake data was taken 2x24 hours using the food recall method to determine changes in subject intake during the intervention. The results of this study found that the p value=0.354, the p value>0.05 which means that there is no significant relationship between tekokak milk and blood lymphocyte count in adult women. The limitation of this study is the lack of monitoring compliance in consuming tekokak milk. Further research is needed regarding the relationship between tekokak milk and blood lymphocyte counts in adult women by considering diseases associated with lymphocyte counts so that it is expected to get more appropriate and accurate results.

Keywords: food intake, tekokak milk, lymphocytes