

ABSTRACT

ARY DWI AYU FARADINA, 2023. The Effect of Giving Takokak Tea and Takokak Ice Cream (*Solanum Torvum Swartz*) on SGOT and SGPT Levels in Overweight Women. Advisor: Dr. Nur Rahman, STP., M.P., RD and Dwipajati, SST., M.Gz

Background: 2013 Basic Health Research (Midah et al., 2021) showed that the prevalence of overweight in the adult male population (> 18 years) in 2013 was 19.7%, higher than in 2007 (13.9%) and 2010 (7.8%)). Whereas in 2013, the prevalence of overweight in adult women (> 18 years) was 32.90%, up 18.1% from 2007 (13.9%) and 17.5% from 2010 (15.5%). One of the non-communicable diseases is overweight. Overweight is characterized by the accumulation of fat tissue stored in the body. The risk factors for degenerative diseases from obesity are diabetes mellitus, coronary heart disease, liver disease and others. The above problems can be prevented and overcome by utilizing several efficacious plants to be used as medicine, these plants include Takokak (*Solanum torvum Swartz*).

Method: This research was taken from secondary data with the type of research used was quasi experiment. The intervention was in the form of giving 200 ml of takokak fruit tea (*Solanum Torvum Swartz*), consisting of 5 grams of takokak fruit, 2 grams of ginger and 200 ml of hot water and intervention in giving 100 ml of takokak fruit ice cream (*Solanum Torvum Swartz*). The population in this study were women aged 20-55 years who were overweight at SDIT Robbani Singosari. The sampling technique in this study is using a non-probability sampling technique. The nonprobability sampling method used is accidental sampling. The analysis technique uses the Paired T-Test statistical test. Normality test using Shapiro Wilk. While the data analysis technique to find out the difference in the increase in levels of SGOT and SGPT in the treatment group and the control group used the Kruskal Wallis test if the data was not normally distributed and if the data was normally distributed using the One way ANOVA test.

Results: After the intervention, the levels of SGOT and SGPT in the tea group increased. There was no significant relationship between SGOT levels in overweight women after giving takokak ice cream and takokak tea with a p value of 0.071 and there was a significant relationship between SGPT levels in overweight women after giving takokak ice cream and takokak tea with a p value of 0.026.

Conclusion: There is no significant relationship between SGOT levels in overweight women after giving takokak ice cream and takokak tea with a p value of 0.071 and there is a significant relationship between SGPT levels in overweight women after giving takokak ice cream and takokak tea with a p value of 0.026. The provision of the tea intervention experienced an increase compared to the administration of the ice cream intervention.

Keywords: Takokak tea, takokak ice cream, SGOT and SGPT levels, overweight women.

