

Abstrak

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Latar Belakang : Pada obesitas, jaringan adiposa yang meluas mengembangkan hipoksia dan melepaskan sitokin dan kemokin proinflamasi. Efek anti-inflamasi pada rumput laut merah dan tepung pisang kepok dalam melemahkan peradangan sistemik pada obesitas, ditandai dengan penurunan sitokin pro-inflamasi TNF- α dan Peningkatan kadar SOD

Tujuan : Mengetahui pengaruh pemberian puding "Euonii Musa" terhadap kadar SOD dan TNF- α pada orang obesitas.

Metode Penelitian ini menggunakan metode *pre post randomized kontrol group design*. Sebanyak 22 subjek dibagi dalam 2 kelompok yaitu kelompok kontrol dengan pemberian *isocaloric diet* 1800 kkal dengan penambahan pudding biasa dan kelompok intervensi dengan pemberian *isocaloric diet* 1800 kkal dengan penambahan pudding "Euonii Musa" selama 28 hari. Kadar TNF- α dan SOD menggunakan metode ELISA. Data yang dianalisis pada penelitian ini menggunakan *paired sample t-test* dan *independent sample t-test*.

Hasil: Penurunan Kadar TNF- α dan SOD pada kedua kelompok kontrol dan kelompok Intervensi terdapat perbedaan kadar TNF- α ($P=0,029$) dan tidak ada perbedaan kadar SOD ($P=0,506$) pada kelompok kontrol dan kelompok intervensi.

Kesimpulan : Pemberian puding "Euonii Musa" dapat memperbaiki kadar TNF- α .

Kata kunci : obesitas, tnf- α , sod, antioksidant, fenol

ABSTRACT

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Background : In obesity, extensive adipose tissue develops hypoxia and releases proinflammatory cytokines and chemokines. The anti-inflammatory effects of red seaweed and kepok banana flour in weakening systemic inflammation in obesity, were characterized by a decrease in the pro-inflammatory cytokine TNF- α and an increase in SOD levels

Objective : To determine the effect of "Euonii Musa" pudding on SOD and TNF- α levels in obese people.

Methods: This study uses the *pre-post randomized control group design method*. The 22 subjects were divided into 2 groups, namely the control group with the administration of an isocaloric diet of 1800 kcal with the addition of regular pudding and the intervention group with the administration of an isocaloric diet of 1800 kcal with the addition of "Euonii Musa" pudding for 28 days. TNF- α and SOD use the ELISA method. The data analyzed in this study used *paired sample t- test* and *independent sample t-test*.

Results: Reduction of TNF- α and SOD levels in both control and intervention groups. There was difference in TNF- α levels ($P=0,029$) and there was no difference SOD levels ($0,506$) in the control group and the intervention group

Conclusion: "Euonii Musa" pudding can improve TNF- α levels

Keywords : Obesity, TNF- α , SOD, antioksidants, Phenol.