

ABSTRAK

Santi Basaria Pakpahan

Latar Belakang: Rumput laut merah dan tepung pisang kepok merupakan pangan sumber serat. Perpaduan kedua bahan ini diharapkan dapat menghasilkan puding “*Eounii Musa*” yang berefek pada peningkatan PYY dan berkurangnya nafsu makan pada individu obesitas.

Tujuan: Menganalisis kandungan zat gizi, kadar PYY dan tingkat nafsu makan pada individu obesitas.

Metode: Jenis penelitian merupakan *randomized controlled pre-post test design*. Dua puluh dua subjek penelitian terbagi menjadi dua kelompok, yaitu kelompok kontrol diberikan puding berbahan dasar agar-agar dan pembatasan kalori 1800 kkal/hari, kelompok intervensi diberikan pembatasan kalori 1800 kkal/hari dan puding “*Eounii Musa*” sebanyak 300 g/hari selama 28 hari. Analisis zat gizi menggunakan uji *one way anova*, tingkat nafsu makan diukur menggunakan *scala analog scale* (VAS), pengambilan sampel darah uji kadar PYY menggunakan ELISA. Uji normalitas menggunakan *Shapiro-wilk*, data berdistribusi normal menggunakan *t paired t test* dan tidak normal menggunakan *mann whitney*.

Hasil: Puding “*Eounii Musa*” mengandung tinggi serat dibandingkan puding kontrol ($p\text{-value}= 0,042$). Intervensi puding “*Eounii Musa*” tidak memberikan pengaruh terhadap peningkatan kadar serum PYY ($p\text{-value}= 0,341$), tetapi terdapat pengaruh tingkat nafsu makan setelah perlakuan pada menit ke-30 pada kelompok intervensi ($p\text{-value}= <0,005$).

Simpulan: Pemberian puding “*Eounii Musa*” tidak meningkatkan kadar PYY, tetapi terdapat pengaruh terhadap penekanan tingkat nafsu makan pada kelompok intervensi.

Kata kunci: Puding “*Eounii Musa*”, PYY, tingkat nafsu makan, serat

ABSTRACT

Santi Basaria Pakpahan

Background: Red seaweed and kepok banana flour are food sources of fiber. The combination of these two ingredients is expected to produce “*Eounii Musa*” Pudding which has the effect of increasing PYY and reducing appetite in obese individuals.

Objectives: To analyze the nutrition content, PYY levels and appetite levels in obese individuals

Methods: A randomized controlled pre-post test conducted on 22 obese subjects. Twenty two subjects were divided into two groups, the control group was given jelly based pudding and calorie nutrition of 1800 kcal/day and the intervention group was given nutrition of 1800 kcal/day and “*Eounii Musa*” pudding 300 g/day for 28 days. Nutrition analysis using the one way anova test, appetite levels were measured using a visual analog scale (VAS) and blood samples were taken to test PYY levels using ELISA. Normality test uses Shapiro-Wilk, data is normally distributed using the paired t test and abnormal using Mann Whitney.

Results: Nutrient analysis showed that “*Eounii Musa*” pudding contained higher levels of fiber than control pudding (P-value= 0,042). Pudding “*Eounii Musa*” intervention had no effect on PYY levels (p -value= 0,341), but there was effect on the level of appetite after 30 minute intervention in the treatment group (p -value= <0,005).

Conclusion: Giving “*Eounii Musa*” pudding not increase PYY levels, but there was an effect on suppressing appetite levels in the intervention group.

Keywords: “*Eounii Musa*” Pudding, PYY, appetite, dietary fiber