

**EFEK KOMBINASI BUNGA ROSELLE (*Hibiscus sabdarifa* L.)
DAN VCO (Virgin Coconut Oil) TERHADAP BERAT BADAN PADA
KASUS KEGEMUKAN**

Komang Dian Yuanita, 2007

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ABSTRAK

Telah dilakukan penelitian uji efek terapi kombinasi teh bunga roselle dengan VCO terhadap penurunan berat badan pada kasus kegemukan. Pasien yang dipilih adalah pasien yang memiliki BMI antara rentang 25,00-30,00. Untuk mengetahui efektivitas penggunaan kombinasi terapi teh bunga roselle dan VCO maka di dibandingkan dengan pasien yang hanya diterapi dengan pengaturan pola makan, pasien yang diterapi dengan bunga roselle saja, yang diterapi dengan VCO saja. Terapi tersebut dilakukan selama 1 bulan. Berdasarkan hasil pengamatan berat badan pasien sebelum dan sesudah terapi, diketahui adanya penurunan berat badan dan penurunan BMI yang terjadi. Penelitian juga menunjukkan adanya perbedaan bermakna antara kombinasi dengan ketiga terapi lainnya, tetapi tidak ada perbedaan yang bermakna antara pengaturan pola makan, teh bunga roselle saja dan VCO saja. Jadi penggunaan kombinasi teh bunga roselle dan VCO dapat menurunkan berat badan secara lebih efektif dibandingkan pengaturan pola makan, teh bunga roselle saja, dan VCO saja.

Kata kunci: Kegemukan, penurunan berat badan, bunga roselle, VCO, terapi kombinasi

**COMBINATION ROSELLE LOWER (*Hibiscus sabdarifa* L.) AND
VCO (Virgin Coconut Oil) AGAINST THE BODY
WEIGHT ON THE OVERWEIGHT CASE**

Komang Dian Yuanita, 2007

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ABSTRACT

The research of effect test on therapy of combination of Roselle flower tea with VCO has already been conducted against the body weight on the overweight case. The patients chosen were patients who had BMI of between 25.0 – 30.0. In order to know the usage effectiveness of the therapy of combination of Roselle flower tea and VCO, it was compared among the patients who had therapy of eating pattern arrangement, the patients who passed through the Roselle flower therapy only, and the ones with just VCO therapy. The therapy was conducted for one month. Based on observation results, the patients body weight before and after the therapy, it was known that there was indeed body weight and BMI decrease occurred. The research also showed that there was significant difference between combination with other three therapies, but there was none significant difference among eating pattern arrangement, Roselle flower therapy only, and VCO therapy only. So, the usage of the combination of Roselle flower tea and VCO could decrease the body weight in more effective way when it was compared with eating pattern arrangement, Roselle flower tea only, and VCO only.

Key Words: overweight, body weight decrease, Roselle flower, VCO, combination therapy