

### DAFTAR PUSTAKA

- Adolph, R. (2022) 'RETINOL BINDING PROTEIN 4 (RBP 4) PADA OBESITAS SENTRAL', 12(Rbp 4), Pp. 1–23.
- Ahmad, W. *Et Al.* (2022) 'A Questionnaire-Based Study For Weight Loss By Using Herbal Drugs In Dammam (Eastern Region), Kingdom Of Saudi Arabia', Pp. 248–253. Available At: <https://doi.org/10.4103/Jpbs.JPBS>.
- Ardiyanto, D. (2021) 'Pengaruh Jamu Obesitas Terhadap Indeks Massa Tubuh, Lingkar Perut, Dan Lingkar Lengan Dibandingkan Dengan Orlistat Dan Evaluasi Keamanannya', *Buletin Penelitian Kesehatan*, 46(3), Pp. 177–182. Available At: <https://doi.org/10.22435/Bpk.V46i3.900>.
- Armstrong, A. *Et Al.* (2022) 'Effect Of Aerobic Exercise On Waist Circumference In Adults With Overweight Or Obesity : A Systematic Review And Meta-Analysis', (March), Pp. 1–17. Available At: <https://doi.org/10.1111/Obr.13446>.
- Artiray, D.P. *Et Al.* (2023) 'Pemanfaatan TOGA Sebagai Minuman Herbal Kekinian Bernilai Ekonomi Bagi Ibu PKK Kelurahan Sidomulyo Timur', *Jurnal Pengabdian Masyarakat*, 4(1), Pp. 170–179. Available At: <https://doi.org/10.32815/Jpm.V4i1.1306>.
- Aryeetey, R. *Et Al.* (2020) 'Prevalence And Predictors Of Overweight And Obesity Among School-Aged Children In Urban Ghana', *BMC Obesity*, 4(1), Pp. 1–8. Available At: <https://doi.org/10.1186/S40608-017-0174-0>.
- 'Asupan Lemak Dengan Rasio Lingkar Pinggang Panggul Pada Mahasiswa STIKES Wira Husada Di Sleman Yogyakarta' (2023).
- Auliannisaa, A. And Wirjatmadi, B. (2023) 'Hubungan Emotional Eating Dan Pola Konsumsi Makan Dengan Obesitas Pada Mahasiswa Tingkat Akhir', *Media Gizi Kesmas*, 12(1), Pp. 212–218. Available At: <https://doi.org/10.20473/Mgk.V12i1.2023.212-218>.
- Bantas, K., Yoseph, H.K. And Moelyono, B. (2023) 'Ukuran Lingkar Pinggang Optimal Untuk Identifikasi Sindrom Metabolik Pada Populasi Perkotaan Di Indonesia', *Kesmas: National Public Health Journal*, 7(6), P. 284. Available At: <https://doi.org/10.21109/Kesmas.V7i6.39>.
- Bener, A. *Et Al.* (2021) 'Obesity Index That Better Predict Metabolic Syndrome:

- Body Mass Index, Waist Circumference, Waist Hip Ratio, Or Waist Height Ratio', *Journal Of Obesity*, 2021. Available At: <https://doi.org/10.1155/2013/269038>.
- Cempaka, V.P. And Sidiartha, I.G.L. (2024) 'Waist Circumference And Insulin Levels In Obese Children', *Paediatrica Indonesiana*, 57(4), P. 194. Available At: <https://doi.org/10.14238/Pi57.4.2017.428>.
- Chen, L. (2023) 'Experimental Study On Physical Intervention Of Virtual Reality Cycling On Simple Obese College Students', Pp. 1–18.
- Chen, L. *Et Al.* (2024) 'The Inhibitory Effects Of Xiao-Gao-Jiang-Zhuo-Containing Serum On Adipogenesis In 3T3-L1 Preadipocytes', *Biomedical Papers*, 168(1), Pp. 25–34. Available At: <https://doi.org/10.5507/Bp.2023.016>.
- Citra, Y. *Et Al.* (2024) 'Laporan Kasus : Plantar Fascitis Disertai Obesitas Dengan Komsumsi Rebusan Herbal Jahe , Sereh Dan Kunyit Address : Phone : Article History : Penerbit : Yayasan Citra Cendekia Celebes', 04(02), Pp. 60–66.
- Craig, E. *Et Al.* (2021) 'Use Of Mid-Upper Arm Circumference For Determining Overweight And Overfatness In Children And Adolescents', Pp. 763–766. Available At: <https://doi.org/10.1136/Archdischild-2013-305137>.
- Devi, S., Rahmah, M. And Novianty, R. (2021) 'Analisis Uji Infusa Buah Petai Cina, Daun Keji Beling Dan Daun Tempuyung Sebagai Enzim A -Amilase Dan A -Glukosidase'.
- Dharman, S. *Et Al.* (2021) 'A Systematic Review And Meta-Analysis On The Efficacy Of Curcumin/Turmeric For The Prevention And Amelioration Of Radiotherapy/Radiochemotherapy Induced Oral Mucositis In Head And Neck Cancer Patients', *Asian Pacific Journal Of Cancer Prevention*, 22(6), Pp. 1671–1684. Available At: <https://doi.org/10.31557/APJCP.2021.22.6.1671>.
- Dita, D.A.A. *Et Al.* (2023) 'Kajian Pustaka: Polimorfisme Genetik Sebagai Faktor Risiko Obesitas', *Jurnal Ilmu Kedokteran Dan Kesehatan*, 10(7), Pp. 2267–2280. Available At: <https://doi.org/10.33024/Jikk.V10i7.10203>.
- DOST, A., ESİN, M. And HIZLI GÜLDEMİR, H. (2021) 'Comparison Of Nutritional Intake And Dietary Behaviors In Overweight/Obese And

- Nonobese University Students: A School-Based Study', *Clinical And Experimental Health Sciences*, 11(1), Pp. 20–27. Available At: <https://doi.org/10.33808/Clinexphealthsci.753179>.
- Dwi Rantisari, A.M. *Et Al.* (2023) 'Pemanfaatan Teh Kombucha Untuk Kesehatan Dan Kecantikan Kulit Pada Masyarakat Di Kabupaten Maros', *Indonesia Berdaya*, 4(4), Pp. 1277–1286. Available At: <https://doi.org/10.47679/Ib.2023553>.
- Fay, D.L. (2021) 'KORELASI KADAR GLUKOSA DARAH SEWAKTU DENGAN OBESITAS SENTRAL: STUDI CROSS-SECTIONAL', *Angewandte Chemie International Edition*, 6(11), 951–952., 7(4), Pp. 269–277.
- Fitri, Y. *Et Al.* (2025) 'Pengaruh Pemberian Aktifitas Fisik (Aerobic Exercise) Terhadap Tekanan Darah, IMT Dan RLPP Pada Wanita Obesitas', *Action: Aceh Nutrition Journal*, 1(2), P. 105. Available At: <https://doi.org/10.30867/Action.V1i2.19>.
- Gradidge, P J-L, Jaff, N.G. And Gradidge, Philippe Jean-Luc (2022) 'The Negative Association Of Lower Body Fat Mass With Cardiometabolic Disease Risk Factors Is Partially Mediated By Adiponectin', (5).
- Hana, A.N.H. (2022) 'Pengaruh Kebiasaan Mengkonsumsi Minuman Kemasan Dan Berpemanis Terhadap Berat Badan Remaja', *Jurnal Kesehatan*, 9(2), Pp. 141–149. Available At: <https://doi.org/10.35913/Jk.V9i2.232>.
- Handayani, D. *Et Al.* (2020) 'Intervensi Edukasi Gizi Dan Gaya Hidup Terhadap Antropometri Dan Faktor Resiko Sindrom Metabolik Pada Dewasa Muda Dengan Berat Badan Lebih Dan Kegemukan', *Jurnal Abdimas Mahakam*, 3(1), P. 1. Available At: <https://doi.org/10.24903/Jam.V3i1.404>.
- Hasan, F., A. Aziz, S. And Melati, M. (2022) 'Perbedaan Waktu Panen Daun Terhadap Produksi Dan Kadar Flavonoid Tempuyung (*Sonchus Arvensis* L.)', *Jurnal Hortikultura Indonesia*, 8(2), Pp. 136–145. Available At: <https://doi.org/10.29244/Jhi.8.2.136-145>.
- Herlin Simanoah, K., Muniroh, L. And Aditya Rifqi, M. (2022) 'Hubungan Antara Durasi Tidur, Tingkat Stres Dan Asupan Energi Dengan Indeks Massa Tubuh (IMT) Pada Mahasiswa Baru 2020/2021 FKM UNAIR The

- Relationship Between Sleep Duration, Stressed Level And Energy Intake With Body Mass Index (BMI) Among New Students 2', *Media Gizi Kesmas*, 11(1), Pp. 218–224.
- Hewlings, S.J. (2022) 'Curcumin : A Review Of Its Effects On Human Health', Pp. 1–11. Available At: <https://doi.org/10.3390/Foods6100092>.
- Hidayat, M. *Et Al.* (2024) 'Modulation Of Adipogenesis-Related Gene Expression By Ethanol Extracts Of Detam 1 Soybean And Jati Belanda Leaf In 3T3-L1 Cells', *Bangladesh Journal Of Pharmacology*, 11(3), Pp. 697–702. Available At: <https://doi.org/10.3329/Bjp.V11i3.26471>.
- Hossain, M.J. *Et Al.* (2022) 'Impact Of Prolonged COVID-19 Lockdown On Body Mass Index, Eating Habits, And Physical Activity Of University Students In Bangladesh: A Web-Based Cross-Sectional Study', *Frontiers In Nutrition*, 9(May). Available At: <https://doi.org/10.3389/Fnut.2022.873105>.
- Ilmu, B., Masyarakat, K. And Kedokteran, F. (2023) 'HUBUNGAN ANTARA LINGKAR PINGGANG DAN DERAJAT LEMAK VISERAL DENGAN RESISTENSI INSULIN PADA DEWASA OBES Sumarni Healthy Tadulako Journal ( Sumarni : 15-21 ) PENDAHULUAN Obesitas Didefinisikan Sebagai Suatu Keadaan Yang Ditandai Dengan Penimbunan Jaringan Le', 3(1), Pp. 15–21.
- In-, B. (2023) 'Bene Fi Ts Of Modest Weight Loss In Improving Cardiovascular Risk Factors In Overweight And Obese Individuals', 34(9), Pp. 1481–1486. Available At: <https://doi.org/10.2337/Dc10-2415>.
- Indrawati, F.D., Moelyo, A.G. And Soebagyo, B. (2021) 'Hubungan Hb1c Dengan Lingkar Pinggang, Rasio Lingkar Pinggang-Tinggi Badan, Indeks Massa Tubuh, Dan Lingkar Lengan Atas Pada Remaja Perempuan Overweight/Obesitas', *Sari Pediatri*, 21(3), P. 164. Available At: <https://doi.org/10.14238/Sp21.3.2019.164-9>.
- Jingya, B. *Et Al.* (2021) 'Quantitative Analysis And Comparison Of BMI Among Han, Tibetan, And Uygur University Students In Northwest China', *The Scientific World Journal*, 2021. Available At: <https://doi.org/10.1155/2013/180863>.

- Joma, A., Abuzerr, S. And Alsoudi, S. (2024) 'Variables Associated With The Relationship Between Obesity And Mental Health Among University Students In The Gulf Cooperation Council Countries: A Systematic Review', *Frontiers In Public Health*, 12(August). Available At: <https://doi.org/10.3389/fpubh.2024.1411229>.
- Kahan, S. (2024) 'Preface Obesity Medicine : A Core Competency For Primary Care Providers', *Medical Clinics Of NA*, 102(1), Pp. Xvii–Xix. Available At: <https://doi.org/10.1016/j.mcna.2017.09.003>.
- Khiqmah, A.N. And Sulchan, M. (2023) 'Asupan Gula Sederhana Dan Serat Serta Kadar Glukosa Darah Puasa (Gdp) Sebagai Faktor Risiko Peningkatan Kadar C-Reactive Protein (Crp) Pada Remaja Obesitas Dengan Sindrom Metabolik', *Journal Of Nutrition College*, 3(3), Pp. 386–395. Available At: <https://doi.org/10.14710/jnc.v3i3.6600>.
- Kumesan, O.A., Ticoalu, S.H. And Pasiak, T.F. (2022) 'Hubungan Lingkar Lengan Atas Dengan Obesitas Pada Mahasiswa', *Jurnal E-Biomedik (Ebm)*, 4(2), Pp. 1–5.
- Marlin, M., Pujiwati, H. And Inorih, E. (2024) 'Pelatihan Pembuatan Minuman Herbal Berbasis Tanaman Curcuma Di Desa Pancamukti Kabupaten Bengkulu Tengah', *Jurnal Abdimas Ilmiah Citra Bakti*, 5(2), Pp. 274–286. Available At: <https://doi.org/10.38048/jailcb.v5i2.2317>.
- Masalah, M. And Remaja, G. (2024) 'Jurnal Pengabdian Kepada Masyarakat', 1(3), Pp. 295–303.
- Muyassaroh, F. And Muhtadi, M. (2022) 'AKTIVITAS ANTI OBESITAS KOMBINASI TEPUNG UMBI SUWEG (*Amorphophallus Paeoniifolius*) DAN EKSTRAK ETANOL DAUN JATI BELANDA (*Guazuma Ulmifolia* Lamk.) PADA MODEL TIKUS OBESITAS', *Usadha Journal Of Pharmacy*, 1(4), Pp. 417–427. Available At: <https://doi.org/10.23917/ujp.v1i4.125>.
- Nachar, N. (2022) 'The Mann - Whitney U : A Test For Assessing Whether Two Independent Samples Come From The Same Distribution', 4(1), Pp. 13–20.
- Nakamura, K. *Et Al.* (2021) 'Optimal Cutoff Values Of Waist Circumference And The Discriminatory Performance Of Other Anthropometric Indices To

- Detect The Clustering Of Cardiovascular Risk Factors For Metabolic Syndrome In Japanese Men And Women', *Environmental Health And Preventive Medicine*, 16(1), Pp. 52–60. Available At: <https://doi.org/10.1007/S12199-010-0165-Y>.
- Papadopoulos, S. And Brennan, L. (2022) 'Correlates Of Weight Stigma In Adults With Overweight And Obesity: A Systematic Literature Review', *Obesity*, 23(9), Pp. 1743–1760. Available At: <https://doi.org/10.1002/Oby.21187>.
- Piqueras, P. *Et Al.* (2021) 'Anthropometric Indicators As A Tool For Diagnosis Of Obesity And Other Health Risk Factors : A Literature Review', 12(July). Available At: <https://doi.org/10.3389/Fpsyg.2021.631179>.
- Putri, E.M.P., Hendrianingtyas, M. And SL, E.K. (2021) 'Hubungan Lingkar Pinggang Dan Lingkar Lengan Atas Dengan HbA1c Pada Obesitas', *Jurnal Kedokteran Diponegoro*, 7(2), P. 10.
- Radzi, C.W.J.M. *Et Al.* (2020) 'Analysis Of Obesity Among Malaysian University Students: A Combination Study With The Application Of Bayesian Structural Equation Modelling And Pearson Correlation', *International Journal Of Environmental Research And Public Health*, 16(3). Available At: <https://doi.org/10.3390/Ijerp16030492>.
- Rahmawati, E., Firdaningrum, N.E. And Agoes, A. (2021) 'Hubungan Antara Durasi Tidur Dengan Asupan Makan, Aktivitas Fisik Dan Kejadian Obesitas Pada Mahasiswa Program Studi Pendidikan Dokter UIN Maulana Malik Ibrahim Malang', *Journal Of Islamic Medicine*, 5(1), Pp. 9–19. Available At: <https://doi.org/10.18860/Jim.V5i1.11674>.
- Ri, M. And Kunci, K. (2020) 'Jurnal Pengabdian Kepada Masyarakat ISSN 1410-5675 ; Eissn 2620-8431', 4(2), Pp. 57–59.
- Riskawati, Y.K. *Et Al.* (2020) 'Correlation Between Physical Activity Level And Body Mass Index Of Undergraduate Students Of Medical Doctor, Faculty Of Medicine, Universitas Brawijaya', *Majalah Kesehatan Universitas Brawijaya*, 7(4), Pp. 231–238.
- Saraswati, D. And Lubis, I. (2025) 'Analisis Dampak Penggunaan Media Sosial Terhadap Pola Konsumsi Makanan Pada Mahasiswa Di Kota Medan', 5(1), Pp. 521–528.

- Sari, M.D.K., Cahyaningrum, P.L. And Putra Suta, I.B. (2021) 'Penggunaan Kapsul Daun Jati Belanda ( Guazuma Ulmifolia Lamk) Untuk Mengatasi Obesitas', *Widya Kesehatan*, 3(1), Pp. 1–7. Available At: <https://doi.org/10.32795/Widyakesehatan.V3i1.1649>.
- Sugiatmi *Et Al.* (2022) 'Peningkatan Pengetahuan Tentang Kegemukan Dan Obesitas Pada Pengasuh Pondok Pesantren Igbs Darul Marhamah Desa Jatisari Kecamatan Cileungsi Kabupaten Bogor Jawa Barat', *Pengabdian Masyarakat*, 1(September), Pp. 1–5. Available At: <https://jurnal.umj.ac.id/index.php/Semnaskat/article/viewfile/5434/3644>.
- Sukmayadi, A.E. *Et Al.* (2024) 'Aktivitas Imunomodulator Ekstrak Etanol Daun Tempuyung (Sonchus Arvensis Linn.) The Immunomodulatory Activity Of Ethanol Extract Of Tempuyung Leaves (Sonchus Arvensis Linn.)', *Indonesian Journal Of Pharmaceutical Science And Technology*, 2(1), Pp. 65–72.
- Suwartiny, N.L., Rafi, M. And Rohaeti, E. (2022) 'Traditional Use , Phytochemical Composition , And Biological Activities Of Sonchus Arvensis', 33(4), Pp. 540–553.
- Trisia Tya Nisa And Dewi Kartika Sari (2023) 'Hubungan Aktivitas Fisik Dengan Kejadian Obesitas Pada Usia Dewasa Di Puskesmas Banyuanyar', *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 2(4), Pp. 1017–1024. Available At: <https://doi.org/10.55123/Sehatmas.V2i4.2450>.
- Yulianti, N.M.R., Suryanti, P.E. And Armini, N.W.Y. (2022) 'Higiene Sanitasi Makanan Dan Minuman Dalam Perspektif Kesehatan Dan Agama Hindu', *Jurnal Yoga Dan Kesehatan*, 5(1), Pp. 37–52. Available At: <https://doi.org/10.25078/Jyk.V5i1.837>.
- Yunawati, I. *Et Al.* (2025) 'Pemantauan Indeks Massa Tubuh Dalam Pencegahan Obesitas Pada Masyarakat Kelurahan Kessilampe Kota Kendari', 3(2020).
- Zulkarnain, Z. *Et Al.* (2018) 'Pengaruh Ramuan Jamu Antihiperkolesterolemia Terhadap Kadar Asam Urat Pasien Dengan Hiperkolesterol Ringan', *Talenta Conference Series: Tropical Medicine (TM)*, 1(3), Pp. 172–176. Available At: <https://doi.org/10.32734/Tm.V1i3.285>.

- Adolph, R. (2022) 'RETINOL BINDING PROTEIN 4 (RBP 4) PADA OBESITAS SENTRAL', 12(Rbp 4), Pp. 1–23.
- Ahmad, W. *Et Al.* (2022) 'A Questionnaire-Based Study For Weight Loss By Using Herbal Drugs In Dammam (Eastern Region), Kingdom Of Saudi Arabia', Pp. 248–253. Available At: <https://doi.org/10.4103/Jpbs.JPBS>.
- Ardiyanto, D. (2021) 'Pengaruh Jamu Obesitas Terhadap Indeks Massa Tubuh, Lingkar Perut, Dan Lingkar Lengan Dibandingkan Dengan Orlistat Dan Evaluasi Keamanannya', *Buletin Penelitian Kesehatan*, 46(3), Pp. 177–182. Available At: <https://doi.org/10.22435/Bpk.V46i3.900>.
- Armstrong, A. *Et Al.* (2022) 'Effect Of Aerobic Exercise On Waist Circumference In Adults With Overweight Or Obesity : A Systematic Review And Meta-Analysis', (March), Pp. 1–17. Available At: <https://doi.org/10.1111/Obr.13446>.
- Artiray, D.P. *Et Al.* (2023) 'Pemanfaatan TOGA Sebagai Minuman Herbal Kekinian Bernilai Ekonomi Bagi Ibu PKK Kelurahan Sidomulyo Timur', *Jurnal Pengabdian Masyarakat*, 4(1), Pp. 170–179. Available At: <https://doi.org/10.32815/Jpm.V4i1.1306>.
- Aryeetey, R. *Et Al.* (2020) 'Prevalence And Predictors Of Overweight And Obesity Among School-Aged Children In Urban Ghana', *BMC Obesity*, 4(1), Pp. 1–8. Available At: <https://doi.org/10.1186/S40608-017-0174-0>.
- 'Asupan Lemak Dengan Rasio Lingkar Pinggang Panggul Pada Mahasiswa STIKES Wira Husada Di Sleman Yogyakarta' (2023).
- Auliannisaa, A. And Wirjatmadi, B. (2023) 'Hubungan Emotional Eating Dan Pola Konsumsi Makan Dengan Obesitas Pada Mahasiswa Tingkat Akhir', *Media Gizi Kemas*, 12(1), Pp. 212–218. Available At: <https://doi.org/10.20473/Mgk.V12i1.2023.212-218>.
- Bantas, K., Yoseph, H.K. And Moelyono, B. (2023) 'Ukuran Lingkar Pinggang Optimal Untuk Identifikasi Sindrom Metabolik Pada Populasi Perkotaan Di Indonesia', *Kemas: National Public Health Journal*, 7(6), P. 284. Available At: <https://doi.org/10.21109/Kemas.V7i6.39>.
- Bener, A. *Et Al.* (2021) 'Obesity Index That Better Predict Metabolic Syndrome: Body Mass Index, Waist Circumference, Waist Hip Ratio, Or Waist Height

- Ratio', *Journal Of Obesity*, 2021. Available At: <https://doi.org/10.1155/2013/269038>.
- Cempaka, V.P. And Sidiartha, I.G.L. (2024) 'Waist Circumference And Insulin Levels In Obese Children', *Paediatrica Indonesiana*, 57(4), P. 194. Available At: <https://doi.org/10.14238/pi57.4.2017.428>.
- Chen, L. (2023) 'Experimental Study On Physical Intervention Of Virtual Reality Cycling On Simple Obese College Students', Pp. 1–18.
- Chen, L. *Et Al.* (2024) 'The Inhibitory Effects Of Xiao-Gao-Jiang-Zhuo-Containing Serum On Adipogenesis In 3T3-L1 Preadipocytes', *Biomedical Papers*, 168(1), Pp. 25–34. Available At: <https://doi.org/10.5507/bp.2023.016>.
- Citra, Y. *Et Al.* (2024) 'Laporan Kasus : Plantar Fascitis Disertai Obesitas Dengan Komsumsi Rebusan Herbal Jahe , Sereh Dan Kunyit Address : Phone : Article History : Penerbit : Yayasan Citra Cendekia Celebes', 04(02), Pp. 60–66.
- Craig, E. *Et Al.* (2021) 'Use Of Mid-Upper Arm Circumference For Determining Overweight And Overfatness In Children And Adolescents', Pp. 763–766. Available At: <https://doi.org/10.1136/archdischild-2013-305137>.
- Devi, S., Rahmah, M. And Novianty, R. (2021) 'Analisis Uji Infusa Buah Petai Cina, Daun Keji Beling Dan Daun Tempuyung Sebagai Enzim A -Amilase Dan A -Glukosidase'.
- Dharman, S. *Et Al.* (2021) 'A Systematic Review And Meta-Analysis On The Efficacy Of Curcumin/Turmeric For The Prevention And Amelioration Of Radiotherapy/Radiochemotherapy Induced Oral Mucositis In Head And Neck Cancer Patients', *Asian Pacific Journal Of Cancer Prevention*, 22(6), Pp. 1671–1684. Available At: <https://doi.org/10.31557/APJCP.2021.22.6.1671>.
- Dita, D.A.A. *Et Al.* (2023) 'Kajian Pustaka: Polimorfisme Genetik Sebagai Faktor Risiko Obesitas', *Jurnal Ilmu Kedokteran Dan Kesehatan*, 10(7), Pp. 2267–2280. Available At: <https://doi.org/10.33024/jikk.v10i7.10203>.
- DOST, A., ESİN, M. And HIZLI GÜLDEMİR, H. (2021) 'Comparison Of Nutritional Intake And Dietary Behaviors In Overweight/Obese And Nonobese University Students: A School-Based Study', *Clinical And*

- Experimental Health Sciences*, 11(1), Pp. 20–27. Available At: <https://doi.org/10.33808/Clinexphealthsci.753179>.
- Dwi Rantisari, A.M. *Et Al.* (2023) ‘Pemanfaatan Teh Kombucha Untuk Kesehatan Dan Kecantikan Kulit Pada Masyarakat Di Kabupaten Maros’, *Indonesia Berdaya*, 4(4), Pp. 1277–1286. Available At: <https://doi.org/10.47679/Ib.2023553>.
- Fay, D.L. (2021) ‘KORELASI KADAR GLUKOSA DARAH SEWAKTU DENGAN OBESITAS SENTRAL: STUDI CROSS-SECTIONAL’, *Angewandte Chemie International Edition*, 6(11), 951–952., 7(4), Pp. 269–277.
- Fitri, Y. *Et Al.* (2025) ‘Pengaruh Pemberian Aktifitas Fisik (Aerobic Exercise) Terhadap Tekanan Darah, IMT Dan RLPP Pada Wanita Obesitas’, *Action: Aceh Nutrition Journal*, 1(2), P. 105. Available At: <https://doi.org/10.30867/Action.V1i2.19>.
- Gradidge, P J-L, Jaff, N.G. And Gradidge, Philippe Jean-Luc (2022) ‘The Negative Association Of Lower Body Fat Mass With Cardiometabolic Disease Risk Factors Is Partially Mediated By Adiponectin’, (5).
- Hana, A.N.H. (2022) ‘Pengaruh Kebiasaan Mengkonsumsi Minuman Kemasan Dan Berpemanis Terhadap Berat Badan Remaja’, *Jurnal Kesehatan*, 9(2), Pp. 141–149. Available At: <https://doi.org/10.35913/Jk.V9i2.232>.
- Handayani, D. *Et Al.* (2020) ‘Intervensi Edukasi Gizi Dan Gaya Hidup Terhadap Antropometri Dan Faktor Resiko Sindrom Metabolik Pada Dewasa Muda Dengan Berat Badan Lebih Dan Kegemukan’, *Jurnal Abdimas Mahakam*, 3(1), P. 1. Available At: <https://doi.org/10.24903/Jam.V3i1.404>.
- Hasan, F., A. Aziz, S. And Melati, M. (2022) ‘Perbedaan Waktu Panen Daun Terhadap Produksi Dan Kadar Flavonoid Tempuyung (*Sonchus Arvensis* L.)’, *Jurnal Hortikultura Indonesia*, 8(2), Pp. 136–145. Available At: <https://doi.org/10.29244/Jhi.8.2.136-145>.
- Herlin Simanoah, K., Muniroh, L. And Aditya Rifqi, M. (2022) ‘Hubungan Antara Durasi Tidur, Tingkat Stres Dan Asupan Energi Dengan Indeks Massa Tubuh (IMT) Pada Mahasiswa Baru 2020/2021 FKM UNAIR The Relationship Between Sleep Duration, Stressed Level And Energy Intake

- With Body Mass Index (BMI) Among New Students 2', *Media Gizi Kesmas*, 11(1), Pp. 218–224.
- Hewlings, S.J. (2022) 'Curcumin : A Review Of Its Effects On Human Health', Pp. 1–11. Available At: <https://doi.org/10.3390/Foods6100092>.
- Hidayat, M. *Et Al.* (2024) 'Modulation Of Adipogenesis-Related Gene Expression By Ethanol Extracts Of Detam 1 Soybean And Jati Belanda Leaf In 3T3-L1 Cells', *Bangladesh Journal Of Pharmacology*, 11(3), Pp. 697–702. Available At: <https://doi.org/10.3329/Bjp.V11i3.26471>.
- Hossain, M.J. *Et Al.* (2022) 'Impact Of Prolonged COVID-19 Lockdown On Body Mass Index, Eating Habits, And Physical Activity Of University Students In Bangladesh: A Web-Based Cross-Sectional Study', *Frontiers In Nutrition*, 9(May). Available At: <https://doi.org/10.3389/Fnut.2022.873105>.
- Ilmu, B., Masyarakat, K. And Kedokteran, F. (2023) 'HUBUNGAN ANTARA LINGKAR PINGGANG DAN DERAJAT LEMAK VISERAL DENGAN RESISTENSI INSULIN PADA DEWASA OBES Sumarni Healthy Tadulako Journal ( Sumarni : 15-21 ) PENDAHULUAN Obesitas Didefinisikan Sebagai Suatu Keadaan Yang Ditandai Dengan Penimbunan Jaringan Lemak', 3(1), Pp. 15–21.
- In-, B. (2023) 'Benefit Of Modest Weight Loss In Improving Cardiovascular Risk Factors In Overweight And Obese Individuals', 34(9), Pp. 1481–1486. Available At: <https://doi.org/10.2337/Dc10-2415>.
- Indrawati, F.D., Moelyo, A.G. And Soebagyo, B. (2021) 'Hubungan HbA1c Dengan Lingkar Pinggang, Rasio Lingkar Pinggang-Tinggi Badan, Indeks Massa Tubuh, Dan Lingkar Lengan Atas Pada Remaja Perempuan Overweight/Obesitas', *Sari Pediatri*, 21(3), P. 164. Available At: <https://doi.org/10.14238/Sp21.3.2019.164-9>.
- Jingya, B. *Et Al.* (2021) 'Quantitative Analysis And Comparison Of BMI Among Han, Tibetan, And Uygur University Students In Northwest China', *The Scientific World Journal*, 2021. Available At: <https://doi.org/10.1155/2013/180863>.
- Joma, A., Abuzerr, S. And Alsoudi, S. (2024) 'Variables Associated With The

- Relationship Between Obesity And Mental Health Among University Students In The Gulf Cooperation Council Countries: A Systematic Review', *Frontiers In Public Health*, 12(August). Available At: <https://doi.org/10.3389/fpubh.2024.1411229>.
- Kahan, S. (2024) 'Preface Obesity Medicine : A Core Competency For Primary Care Providers', *Medical Clinics Of NA*, 102(1), Pp. Xvii–Xix. Available At: <https://doi.org/10.1016/j.mcna.2017.09.003>.
- Khiqmah, A.N. And Sulchan, M. (2023) 'Asupan Gula Sederhana Dan Serat Serta Kadar Glukosa Darah Puasa (Gdp) Sebagai Faktor Risiko Peningkatan Kadar C-Reactive Protein (Crp) Pada Remaja Obesitas Dengan Sindrom Metabolik', *Journal Of Nutrition College*, 3(3), Pp. 386–395. Available At: <https://doi.org/10.14710/jnc.v3i3.6600>.
- Kumesan, O.A., Ticoalu, S.H. And Pasiak, T.F. (2022) 'Hubungan Lingkar Lengan Atas Dengan Obesitas Pada Mahasiswa', *Jurnal E-Biomedik (Ebm)*, 4(2), Pp. 1–5.
- Marlin, M., Pujiwati, H. And Inorih, E. (2024) 'Pelatihan Pembuatan Minuman Herbal Berbasis Tanaman Curcuma Di Desa Pancamukti Kabupaten Bengkulu Tengah', *Jurnal Abdimas Ilmiah Citra Bakti*, 5(2), Pp. 274–286. Available At: <https://doi.org/10.38048/jailcb.v5i2.2317>.
- Masalah, M. And Remaja, G. (2024) 'Jurnal Pengabdian Kepada Masyarakat', 1(3), Pp. 295–303.
- Muyassaroh, F. And Muhtadi, M. (2022) 'AKTIVITAS ANTI OBESITAS KOMBINASI TEPUNG UMBI SUWEG (*Amorphophallus Paeoniifolius*) DAN EKSTRAK ETANOL DAUN JATI BELANDA (*Guazuma Ulmifolia* Lamk.) PADA MODEL TIKUS OBESITAS', *Usadha Journal Of Pharmacy*, 1(4), Pp. 417–427. Available At: <https://doi.org/10.23917/ujp.v1i4.125>.
- Nachar, N. (2022) 'The Mann - Whitney U : A Test For Assessing Whether Two Independent Samples Come From The Same Distribution', 4(1), Pp. 13–20.
- Nakamura, K. *Et Al.* (2021) 'Optimal Cutoff Values Of Waist Circumference And The Discriminatory Performance Of Other Anthropometric Indices To Detect The Clustering Of Cardiovascular Risk Factors For Metabolic

- Syndrome In Japanese Men And Women', *Environmental Health And Preventive Medicine*, 16(1), Pp. 52–60. Available At: <https://doi.org/10.1007/S12199-010-0165-Y>.
- Papadopoulos, S. And Brennan, L. (2022) 'Correlates Of Weight Stigma In Adults With Overweight And Obesity: A Systematic Literature Review', *Obesity*, 23(9), Pp. 1743–1760. Available At: <https://doi.org/10.1002/Oby.21187>.
- Piqueras, P. *Et Al.* (2021) 'Anthropometric Indicators As A Tool For Diagnosis Of Obesity And Other Health Risk Factors : A Literature Review', 12(July). Available At: <https://doi.org/10.3389/Fpsyg.2021.631179>.
- Putri, E.M.P., Hendrianingtyas, M. And SL, E.K. (2021) 'Hubungan Lingkar Pinggang Dan Lingkar Lengan Atas Dengan HbA1c Pada Obesitas', *Jurnal Kedokteran Diponegoro*, 7(2), P. 10.
- Radzi, C.W.J.M. *Et Al.* (2020) 'Analysis Of Obesity Among Malaysian University Students: A Combination Study With The Application Of Bayesian Structural Equation Modelling And Pearson Correlation', *International Journal Of Environmental Research And Public Health*, 16(3). Available At: <https://doi.org/10.3390/Ijerp16030492>.
- Rahmawati, E., Firdaningrum, N.E. And Agoes, A. (2021) 'Hubungan Antara Durasi Tidur Dengan Asupan Makan, Aktivitas Fisik Dan Kejadian Obesitas Pada Mahasiswa Program Studi Pendidikan Dokter UIN Maulana Malik Ibrahim Malang', *Journal Of Islamic Medicine*, 5(1), Pp. 9–19. Available At: <https://doi.org/10.18860/Jim.V5i1.11674>.
- Ri, M. And Kunci, K. (2020) 'Jurnal Pengabdian Kepada Masyarakat ISSN 1410-5675 ; Eissn 2620-8431', 4(2), Pp. 57–59.
- Riskawati, Y.K. *Et Al.* (2020) 'Correlation Between Physical Activity Level And Body Mass Index Of Undergraduate Students Of Medical Doctor, Faculty Of Medicine, Universitas Brawijaya', *Majalah Kesehatan Universitas Brawijaya*, 7(4), Pp. 231–238.
- Saraswati, D. And Lubis, I. (2025) 'Analisis Dampak Penggunaan Media Sosial Terhadap Pola Konsumsi Makanan Pada Mahasiswa Di Kota Medan', 5(1), Pp. 521–528.
- Sari, M.D.K., Cahyaningrum, P.L. And Putra Suta, I.B. (2021) 'Penggunaan Kapsul

- Daun Jati Belanda ( *Guazuma Ulmifolia Lamk*) Untuk Mengatasi Obesitas’, *Widya Kesehatan*, 3(1), Pp. 1–7. Available At: <https://doi.org/10.32795/Widyakesehatan.V3i1.1649>.
- Sugiatmi *Et Al.* (2022) ‘Peningkatan Pengetahuan Tentang Kegemukan Dan Obesitas Pada Pengasuh Pondok Pesantren Igbs Darul Marhamah Desa Jatisari Kecamatan Cileungsi Kabupaten Bogor Jawa Barat’, *Pengabdian Masyarakat*, 1(September), Pp. 1–5. Available At: <https://jurnal.umj.ac.id/index.php/Semnaskat/article/viewfile/5434/3644>.
- Sukmayadi, A.E. *Et Al.* (2024) ‘Aktivitas Imunomodulator Ekstrak Etanol Daun Tempuyung (*Sonchus Arvensis* Linn.) The Immunomodulatory Activity Of Ethanol Extract Of Tempuyung Leaves (*Sonchus Arvensis* Linn.)’, *Indonesian Journal Of Pharmaceutical Science And Technology*, 2(1), Pp. 65–72.
- Suwartiny, N.L., Rafi, M. And Rohaeti, E. (2022) ‘Traditional Use , Phytochemical Composition , And Biological Activities Of *Sonchus Arvensis*’, 33(4), Pp. 540–553.
- Trisia Tya Nisa And Dewi Kartika Sari (2023) ‘Hubungan Aktivitas Fisik Dengan Kejadian Obesitas Pada Usia Dewasa Di Puskesmas Banyuanyar’, *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 2(4), Pp. 1017–1024. Available At: <https://doi.org/10.55123/Sehatmas.V2i4.2450>.
- Yulianti, N.M.R., Suryanti, P.E. And Armini, N.W.Y. (2022) ‘Higiene Sanitasi Makanan Dan Minuman Dalam Perspektif Kesehatan Dan Agama Hindu’, *Jurnal Yoga Dan Kesehatan*, 5(1), Pp. 37–52. Available At: <https://doi.org/10.25078/jyk.V5i1.837>.
- Yunawati, I. *Et Al.* (2025) ‘Pemantauan Indeks Massa Tubuh Dalam Pencegahan Obesitas Pada Masyarakat Kelurahan Kessilampe Kota Kendari’, 3(2020).
- Zulkarnain, Z. *Et Al.* (2018) ‘Pengaruh Ramuan Jamu Antihiperkolesterolemia Terhadap Kadar Asam Urat Pasien Dengan Hiperkolesterol Ringan’, *Talenta Conference Series: Tropical Medicine (TM)*, 1(3), Pp. 172–176. Available At: <https://doi.org/10.32734/Tm.V1i3.285>.

## DAFTAR LAMPIRAN

### Lampiran 1. Master Data

#### A. Master Data Antropometri

| MASTER DATA PENGUKURAN KELOMPOK INTERVENSI TINGKAT 1 DAN 2 PRODI D4 MAHASISWA GIZI 2025 |            |         |       |             |              |               |                |                      |                       |                     |                      |
|-----------------------------------------------------------------------------------------|------------|---------|-------|-------------|--------------|---------------|----------------|----------------------|-----------------------|---------------------|----------------------|
| No                                                                                      | Usia (thn) | TB (cm) | IMT   | BB Pre (kg) | BB Post (kg) | LILA Pre (cm) | LILA Post (cm) | L. Pinggang Pre (cm) | L. Pinggang Post (cm) | L. Panggul Pre (cm) | L. Panggul Post (cm) |
| 1                                                                                       | 19         | 170.3   | 32.15 | 93.24       | 92.04        | 38.5          | 37.6           | 108.2                | 107.1                 | 118.2               | 116                  |
| 2                                                                                       | 18         | 143     | 28.93 | 59.15       | 57.25        | 32            | 31.5           | 92.1                 | 90.7                  | 100.3               | 99                   |
| 3                                                                                       | 18         | 149     | 25.90 | 57.5        | 55.3         | 31.8          | 31.5           | 90                   | 87                    | 98.2                | 96.6                 |
| 4                                                                                       | 18         | 149.5   | 25.28 | 56.5        | 53.6         | 31.5          | 30.5           | 89.5                 | 86.9                  | 97.5                | 96.2                 |
| 5                                                                                       | 18         | 148     | 28.24 | 61.85       | 59.8         | 33            | 32.7           | 94.5                 | 93.6                  | 102.5               | 101                  |
| 6                                                                                       | 18         | 150.5   | 26.00 | 58.9        | 57           | 32.2          | 31.7           | 91.8                 | 89.5                  | 99.3                | 97.9                 |
| 7                                                                                       | 18         | 152.4   | 30.78 | 71.5        | 69.2         | 35.5          | 34.4           | 100.3                | 99.2                  | 108.7               | 107.2                |
| 8                                                                                       | 18         | 153.5   | 32.00 | 75.4        | 72.8         | 27            | 26.1           | 78.8                 | 78.2                  | 90.5                | 88.5                 |
| 9                                                                                       | 18         | 151.5   | 30.45 | 69.9        | 67.5         | 27.5          | 26.2           | 80.2                 | 78.6                  | 92.4                | 90.5                 |
| 10                                                                                      | 17         | 152     | 27.66 | 63.9        | 61.1         | 28            | 27             | 82.8                 | 80.8                  | 94.8                | 92.8                 |
| 11                                                                                      | 18         | 157     | 29.45 | 72.6        | 69.9         | 27.8          | 26.3           | 81.7                 | 80.4                  | 93.5                | 92                   |
| 12                                                                                      | 18         | 150.2   | 29.81 | 67.25       | 64.95        | 29            | 28.3           | 84.5                 | 83.2                  | 96.4                | 95.3                 |
| 13                                                                                      | 18         | 163     | 29.73 | 79          | 76.5         | 36            | 35.7           | 102.6                | 101.6                 | 112.7               | 110.8                |
| 14                                                                                      | 18         | 162     | 29.91 | 78.5        | 76.3         | 35.8          | 34.7           | 101.1                | 99.9                  | 111.6               | 111                  |
| 15                                                                                      | 18         | 168     | 30.47 | 86          | 83.7         | 37            | 35.5           | 105                  | 104                   | 115.5               | 113.4                |
| 16                                                                                      | 19         | 149.5   | 26.78 | 59.85       | 56.95        | 27.5          | 26.5           | 88.3                 | 86.3                  | 103                 | 101                  |
| 17                                                                                      | 19         | 152.1   | 34.62 | 80.1        | 77.4         | 35            | 34.5           | 102.3                | 99.6                  | 116.2               | 114.6                |
| 18                                                                                      | 19         | 161     | 33.18 | 86          | 84.1         | 34.3          | 33.9           | 112.8                | 111.2                 | 116.8               | 115.9                |
| 19                                                                                      | 19         | 156     | 33.82 | 82.3        | 79.8         | 36.5          | 35.1           | 103                  | 101                   | 113.2               | 111.5                |
| 20                                                                                      | 19         | 159     | 30.48 | 77.05       | 75.7         | 34.9          | 33.4           | 84.5                 | 81.9                  | 110.4               | 108.9                |

|    |    |       |       |        |        |      |      |       |       |       |       |
|----|----|-------|-------|--------|--------|------|------|-------|-------|-------|-------|
| 21 | 19 | 147   | 33.11 | 71.55  | 69.05  | 29   | 28.3 | 82    | 79.1  | 109   | 107.7 |
| 22 | 20 | 143.8 | 33.35 | 68.97  | 66.37  | 26.8 | 25.5 | 82.8  | 80.9  | 93.5  | 91.7  |
| 23 | 19 | 144.8 | 31.38 | 65.8   | 63.4   | 30.1 | 28.9 | 94.2  | 91.5  | 103.7 | 102.5 |
| 24 | 20 | 153.1 | 31.76 | 74.45  | 71.35  | 31.9 | 31.1 | 86.6  | 84.7  | 107.3 | 106.1 |
| 25 | 19 | 177.5 | 36.64 | 115.45 | 113.55 | 45.7 | 45.2 | 122.2 | 121.1 | 137.6 | 135.4 |
| 26 | 19 | 149   | 30.81 | 68.4   | 66.1   | 31.3 | 30.7 | 98.8  | 97.8  | 106.5 | 105   |
| 27 | 18 | 152.3 | 29.51 | 68.45  | 65.65  | 35.1 | 33.6 | 86.6  | 85.6  | 104.8 | 102.8 |
| 28 | 19 | 154.3 | 25.24 | 60.1   | 59.9   | 26.8 | 25.6 | 87.4  | 86.3  | 98.8  | 97.4  |
| 29 | 19 | 149.6 | 25.83 | 57.8   | 55.2   | 26.9 | 25.7 | 88    | 86    | 96.6  | 94.3  |
| 30 | 18 | 154.6 | 25.75 | 61.55  | 58.5   | 32.5 | 31.6 | 92.5  | 90.5  | 100.3 | 98.5  |
| 31 | 19 | 147.2 | 25.96 | 56.25  | 53.65  | 28.4 | 26.9 | 91.5  | 90.1  | 97.4  | 95.6  |
| 32 | 19 | 149.5 | 28.66 | 64.05  | 62.55  | 28.6 | 27.3 | 89.6  | 86.8  | 100.6 | 98.6  |
| 33 | 19 | 175.5 | 34.38 | 105.9  | 103.7  | 42.8 | 41.3 | 118.2 | 117   | 131.3 | 129.8 |
| 34 | 19 | 159   | 31.80 | 80.4   | 77.6   | 35.3 | 35   | 98.2  | 96.3  | 99.2  | 98.7  |
| 35 | 20 | 145.8 | 27.43 | 58.3   | 55     | 29.2 | 28.8 | 87.6  | 84.7  | 99.9  | 99.3  |
| 36 | 19 | 150.9 | 35.48 | 80.8   | 78.9   | 31.6 | 31.3 | 110.1 | 109   | 114.2 | 112.6 |
| 37 | 19 | 161   | 33.49 | 86.8   | 84.7   | 38.1 | 36.7 | 98.5  | 96.6  | 121.2 | 119   |
| 38 | 19 | 147.9 | 26.81 | 58.65  | 56.05  | 27.5 | 26.7 | 90.3  | 88.6  | 100.3 | 98.1  |
| 39 | 19 | 160.4 | 29.48 | 75.85  | 73.25  | 32.6 | 31.2 | 109.1 | 106.7 | 112.1 | 110.6 |
| 40 | 20 | 152.5 | 28.25 | 65.7   | 63.4   | 30.5 | 29.4 | 94.4  | 92.4  | 105.5 | 103.4 |
| 41 | 20 | 165.3 | 33.41 | 91.3   | 88.7   | 35.5 | 34.2 | 89.6  | 88.4  | 116.8 | 114.4 |
| 42 | 19 | 151.8 | 28.86 | 66.5   | 64     | 29.8 | 28.9 | 90.6  | 88.1  | 101.3 | 100.3 |
| 43 | 18 | 162.5 | 25.18 | 66.5   | 64.6   | 28   | 27.3 | 92.7  | 90.7  | 108.2 | 107   |
| 44 | 19 | 161   | 25.65 | 66.5   | 63.8   | 33.8 | 33.5 | 96.2  | 94.9  | 104   | 103.2 |
| 45 | 19 | 155.5 | 32.15 | 69.1   | 66.5   | 32   | 30.9 | 88    | 85    | 103.5 | 102.1 |
| 46 | 18 | 156.3 | 28.93 | 72.15  | 69.75  | 31   | 29.3 | 97.8  | 95.1  | 109.5 | 109.4 |

| MASTER DATA PENGUKURAN KELOMPOK KONTROL TINGKAT 1 DAN 2 PRODI D3 MAHASISWA GIZI 2025 |            |         |       |             |              |               |                |                      |                       |                     |                      |
|--------------------------------------------------------------------------------------|------------|---------|-------|-------------|--------------|---------------|----------------|----------------------|-----------------------|---------------------|----------------------|
| No                                                                                   | Usia (thn) | TB (cm) | IMT   | BB Pre (kg) | BB Post (kg) | LILA Pre (cm) | LILA Post (cm) | L. Pinggang Pre (cm) | L. Pinggang Post (cm) | L. Panggul Pre (cm) | L. Panggul Post (cm) |
| 1                                                                                    | 18         | 150.5   | 33.77 | 76.5        | 75.8         | 36.3          | 36.4           | 97.3                 | 97.1                  | 113.3               | 112.7                |
| 2                                                                                    | 18         | 158.2   | 26.77 | 67          | 65.35        | 30.8          | 30.7           | 91.3                 | 90.7                  | 103.5               | 103.5                |
| 3                                                                                    | 18         | 150.9   | 26.39 | 60.1        | 57.99        | 30.2          | 29.9           | 81.3                 | 80.7                  | 99.3                | 98.5                 |
| 4                                                                                    | 18         | 159.3   | 29.59 | 75.1        | 75.45        | 32.3          | 32.2           | 99.3                 | 99.1                  | 111.5               | 111.6                |
| 5                                                                                    | 18         | 154.8   | 29.46 | 70.6        | 68.78        | 31.5          | 31.6           | 96.5                 | 96                    | 109.3               | 108.5                |
| 6                                                                                    | 18         | 159     | 31.05 | 78.5        | 78.3         | 35.8          | 35.7           | 91.1                 | 90.6                  | 111.8               | 111.9                |
| 7                                                                                    | 18         | 158.1   | 26.96 | 67.4        | 65.86        | 31.6          | 31.6           | 91.8                 | 91.5                  | 103.5               | 103.4                |
| 8                                                                                    | 18         | 150.3   | 29.08 | 65.7        | 63.62        | 32.8          | 32.8           | 99.8                 | 99.4                  | 107.8               | 107.6                |
| 9                                                                                    | 18         | 162.3   | 31.21 | 82.2        | 82.2         | 34.3          | 34.2           | 94.2                 | 93.9                  | 117.8               | 117.3                |
| 10                                                                                   | 18         | 152.4   | 25.96 | 60.3        | 58.35        | 30.3          | 30.2           | 91.6                 | 91.3                  | 99.5                | 99.2                 |
| 11                                                                                   | 18         | 162.8   | 33.09 | 87.7        | 85.92        | 37.8          | 37.7           | 102.1                | 102.3                 | 117.1               | 116.3                |
| 12                                                                                   | 18         | 163.7   | 30.82 | 82.6        | 82.85        | 32.5          | 32.6           | 102.8                | 102.5                 | 116.1               | 115.6                |
| 13                                                                                   | 19         | 149     | 29.95 | 66.5        | 64.36        | 34            | 33.6           | 97                   | 96.6                  | 105                 | 104.4                |
| 14                                                                                   | 19         | 148     | 32.60 | 71.4        | 70.9         | 35.5          | 35.4           | 100                  | 99.6                  | 108                 | 107.2                |
| 15                                                                                   | 19         | 140     | 29.39 | 57.6        | 55.92        | 31.5          | 31.3           | 90.5                 | 89.8                  | 98.5                | 98.5                 |
| 16                                                                                   | 19         | 155.5   | 26.86 | 64.95       | 63.03        | 28.3          | 28.4           | 83.6                 | 82.7                  | 108.2               | 107.3                |
| 17                                                                                   | 19         | 170.9   | 32.68 | 95.45       | 95.45        | 39            | 38.65          | 110.2                | 109.8                 | 120                 | 119.7                |
| 18                                                                                   | 19         | 159.2   | 32.47 | 82.3        | 80.25        | 36.8          | 36.7           | 104.5                | 103.6                 | 114.3               | 114.1                |
| 19                                                                                   | 19         | 154.3   | 26.48 | 63.05       | 63.5         | 33            | 33             | 94.5                 | 93.6                  | 102.8               | 102.1                |
| 20                                                                                   | 18         | 156.3   | 28.10 | 68.65       | 67.13        | 34.5          | 34.4           | 98.7                 | 98.6                  | 106.4               | 106.2                |
| 21                                                                                   | 18         | 149.8   | 31.80 | 71.35       | 69.23        | 35.8          | 35.6           | 101.3                | 100.8                 | 109.3               | 109.2                |
| 22                                                                                   | 19         | 151     | 27.13 | 61.85       | 61.2         | 29.4          | 29.2           | 81.3                 | 80.9                  | 93.2                | 92.8                 |
| 23                                                                                   | 19         | 161.7   | 26.77 | 70          | 68.12        | 30.5          | 30.4           | 83.8                 | 83.6                  | 110.3               | 109.8                |

|    |    |       |       |       |        |      |      |       |       |       |       |
|----|----|-------|-------|-------|--------|------|------|-------|-------|-------|-------|
| 24 | 19 | 175.8 | 31.06 | 96    | 93.85  | 36.3 | 36.2 | 108.8 | 108.3 | 119.3 | 119.3 |
| 25 | 19 | 149   | 25.36 | 56.3  | 56.45  | 25.9 | 25.9 | 76.4  | 75.6  | 91.8  | 91.7  |
| 26 | 19 | 156.6 | 25.04 | 61.4  | 59.69  | 32.8 | 32.9 | 93    | 92.9  | 101.5 | 101.5 |
| 27 | 19 | 149.9 | 29.39 | 66.05 | 65.35  | 28.4 | 28.3 | 82.4  | 81.5  | 100.1 | 99.8  |
| 28 | 19 | 172.7 | 34.53 | 103   | 100.98 | 41.6 | 41.6 | 124.9 | 124.6 | 128.7 | 127.9 |
| 29 | 18 | 146.7 | 26.67 | 57.4  | 55.46  | 29.1 | 29   | 82.8  | 83    | 100.8 | 100   |
| 30 | 19 | 151.3 | 25.07 | 57.4  | 56.85  | 31.5 | 31.6 | 90    | 89.2  | 98.5  | 98.5  |
| 31 | 19 | 148.1 | 27.10 | 59.45 | 57.86  | 29.5 | 29.4 | 79.8  | 79.3  | 97.5  | 96.8  |
| 32 | 19 | 153.4 | 27.41 | 64.5  | 62.4   | 33.5 | 33.6 | 95    | 94.8  | 103.5 | 103.2 |
| 33 | 19 | 157   | 29.33 | 72.3  | 72.6   | 35.8 | 35.7 | 101   | 100.1 | 109.5 | 108.7 |
| 34 | 19 | 147.4 | 33.87 | 73.59 | 71.74  | 36.2 | 36.3 | 102.3 | 101.8 | 110.3 | 110.2 |
| 35 | 19 | 159   | 26.90 | 68    | 66.37  | 33.9 | 33.7 | 92.3  | 91.4  | 107.3 | 107.1 |
| 36 | 19 | 159.9 | 26.60 | 68    | 65.89  | 34   | 34   | 97.5  | 97.4  | 105.6 | 105.7 |
| 37 | 18 | 147.1 | 26.02 | 56.3  | 54.53  | 31   | 31   | 89.7  | 89.8  | 97.5  | 97.4  |
| 38 | 19 | 150   | 28.89 | 65    | 63.5   | 33.8 | 33.7 | 96.4  | 95.4  | 104.3 | 103.6 |
| 39 | 19 | 158.5 | 26.47 | 66.5  | 64.45  | 29.5 | 29.6 | 102.1 | 101.7 | 108.9 | 108.5 |
| 40 | 19 | 148   | 27.39 | 60    | 58.42  | 26.8 | 26.8 | 97.3  | 96.6  | 105.1 | 104.7 |
| 41 | 19 | 161.5 | 26.07 | 68    | 65.87  | 30.7 | 30.6 | 90.7  | 89.9  | 105.9 | 106   |
| 42 | 19 | 163.5 | 33.67 | 90    | 88.14  | 36.5 | 36.6 | 108.2 | 107.6 | 118.2 | 117.4 |
| 43 | 18 | 147.5 | 26.57 | 57.8  | 56.2   | 28.5 | 28.4 | 84.2  | 83.7  | 98.5  | 98.3  |
| 44 | 19 | 152.1 | 31.99 | 74    | 72.02  | 38   | 38   | 90.3  | 89.6  | 108.5 | 108.4 |
| 45 | 19 | 151.6 | 29.15 | 67    | 64.93  | 34.5 | 34.4 | 97.5  | 96.9  | 105   | 104.9 |
| 46 | 19 | 150   | 25.78 | 58    | 56.45  | 27.3 | 27.3 | 96.3  | 96.3  | 105.2 | 104.8 |

Keterangan:

1. Berat Badan Obesitas : >25,0 kg/m<sup>2</sup>
2. Lingkar Lengan Atas Obesitas : >32 cm

## B. Rekapitulasi FFQ Responden

| Rekapitulasi Food Frequency Questionnaire (FFQ) Responden Kelompok Intervensi |              |              |              |         |               |                         |                   |           |                     |          |
|-------------------------------------------------------------------------------|--------------|--------------|--------------|---------|---------------|-------------------------|-------------------|-----------|---------------------|----------|
| No                                                                            | FFQ Minggu 1 | FFQ Minggu 2 | FFQ Minggu 3 | TB (cm) | BB Ideal (kg) | BB Perhitungan *30 kkal | Energi - 500 kkal | Total FFQ | Angka Kecukupan (%) | Kategori |
| 1                                                                             | 969          | 911          | 894          | 170.3   | 63.27         | 2347.65                 | 1847.65           | 1524.7    | 82.52               | Baik     |
| 2                                                                             | 834          | 782          | 804          | 143     | 38.7          | 1467.75                 | 967.75            | 806.7     | 83.36               | Baik     |
| 3                                                                             | 1329         | 1422         | 1408         | 149     | 44.1          | 1524                    | 1024              | 1386.3    | 135.38              | Berlebih |
| 4                                                                             | 828          | 882          | 796          | 149.5   | 44.55         | 1515.75                 | 1015.75           | 835.3     | 82.23               | Baik     |
| 5                                                                             | 1208         | 1133         | 1152         | 148     | 43.2          | 1575.75                 | 1075.75           | 1164.3    | 108.23              | Baik     |
| 6                                                                             | 1270         | 1292         | 1232         | 150.5   | 45.45         | 1565.25                 | 1065.25           | 1264.7    | 118.72              | Berlebih |
| 7                                                                             | 867          | 821          | 815          | 152.4   | 47.16         | 1779.9                  | 1279.9            | 834.3     | 65.18               | Kurang   |
| 8                                                                             | 811          | 782          | 846          | 153.5   | 48.15         | 1853.25                 | 1353.25           | 813       | 60.08               | Kurang   |
| 9                                                                             | 1713         | 1688         | 1781         | 151.5   | 46.35         | 1743.75                 | 1243.75           | 1727.3    | 138.88              | Berlebih |
| 10                                                                            | 767          | 771          | 770          | 152     | 46.8          | 1660.5                  | 1160.5            | 769.3     | 66.29               | Kurang   |
| 11                                                                            | 1079         | 1067         | 1185         | 157     | 51.3          | 1858.5                  | 1358.5            | 1110.3    | 81.73               | Baik     |
| 12                                                                            | 941          | 911          | 804          | 150.2   | 45.18         | 1686.45                 | 1186.45           | 885.3     | 74.62               | Kurang   |
| 13                                                                            | 1584         | 1519         | 1499         | 163     | 56.7          | 2035.5                  | 1535.5            | 1534      | 99.90               | Baik     |
| 14                                                                            | 873          | 875          | 988          | 162     | 55.8          | 2014.5                  | 1514.5            | 912       | 60.22               | Kurang   |
| 15                                                                            | 1702         | 1605         | 1635         | 168     | 61.2          | 2208                    | 1708              | 1647.3    | 96.45               | Baik     |
| 16                                                                            | 969          | 987          | 926          | 149.5   | 44.55         | 1566                    | 1066              | 960.7     | 90.12               | Baik     |
| 17                                                                            | 1125         | 1110         | 1209         | 152.1   | 46.89         | 1904.85                 | 1404.85           | 1148      | 81.72               | Baik     |
| 18                                                                            | 1397         | 1443         | 1371         | 161     | 54.9          | 2113.5                  | 1613.5            | 1403.7    | 87.00               | Baik     |
| 19                                                                            | 845          | 899          | 908          | 156     | 50.4          | 1990.5                  | 1490.5            | 884       | 59.31               | Kurang   |
| 20                                                                            | 940          | 907          | 1014         | 159     | 53.1          | 1952.25                 | 1452.25           | 953.7     | 65.67               | Kurang   |
| 21                                                                            | 1371         | 1368         | 1341         | 147     | 42.3          | 1707.75                 | 1207.75           | 1360      | 112.61              | Berlebih |
| 22                                                                            | 890          | 1020         | 1017         | 143.8   | 39.42         | 1625.85                 | 1125.85           | 975.7     | 86.66               | Baik     |
| 23                                                                            | 872          | 903          | 931          | 144.8   | 40.32         | 1591.8                  | 1091.8            | 902       | 82.62               | Baik     |

|    |      |      |      |       |       |         |         |        |        |          |
|----|------|------|------|-------|-------|---------|---------|--------|--------|----------|
| 24 | 1339 | 1337 | 1308 | 153.1 | 47.79 | 1833.6  | 1333.6  | 1328   | 99.58  | Baik     |
| 25 | 1199 | 1197 | 1151 | 177.5 | 69.75 | 2778    | 2278    | 1182.3 | 51.90  | Kurang   |
| 26 | 920  | 959  | 871  | 149   | 44.1  | 1687.5  | 1187.5  | 916.7  | 77.20  | Kurang   |
| 27 | 888  | 876  | 831  | 152.3 | 47.07 | 1732.8  | 1232.8  | 865    | 70.17  | Kurang   |
| 28 | 1717 | 1681 | 1756 | 154.3 | 48.87 | 1634.55 | 1134.55 | 1718   | 151.43 | Berlebih |
| 29 | 793  | 830  | 888  | 149.6 | 44.64 | 1536.6  | 1036.6  | 837    | 80.74  | Baik     |
| 30 | 968  | 990  | 920  | 154.6 | 49.14 | 1660.35 | 1160.35 | 959.3  | 82.67  | Baik     |
| 31 | 870  | 907  | 874  | 147.2 | 42.48 | 1480.95 | 980.95  | 883.7  | 90.09  | Baik     |
| 32 | 793  | 805  | 873  | 149.5 | 44.55 | 1629    | 1129    | 823.7  | 72.96  | Kurang   |
| 33 | 1704 | 1642 | 1648 | 175.5 | 67.95 | 2607.75 | 2107.75 | 1664.7 | 78.98  | Kurang   |
| 34 | 898  | 941  | 939  | 159   | 53.1  | 2002.5  | 1502.5  | 926    | 61.63  | Kurang   |
| 35 | 1351 | 1402 | 1296 | 145.8 | 41.22 | 1492.8  | 992.8   | 1349.7 | 135.95 | Berlebih |
| 36 | 856  | 904  | 908  | 150.9 | 45.81 | 1899.15 | 1399.15 | 889.3  | 63.56  | Kurang   |
| 37 | 1358 | 1448 | 1370 | 161   | 54.9  | 2125.5  | 1625.5  | 1392   | 85.64  | Baik     |
| 38 | 1131 | 1047 | 1026 | 147.9 | 43.11 | 1526.4  | 1026.4  | 1068   | 104.05 | Baik     |
| 39 | 1492 | 1460 | 1453 | 160.4 | 54.36 | 1953.15 | 1453.15 | 1468.3 | 101.04 | Baik     |
| 40 | 1076 | 1031 | 1123 | 152.5 | 47.25 | 1694.25 | 1194.25 | 1076.7 | 90.16  | Baik     |
| 41 | 839  | 868  | 873  | 165.3 | 58.77 | 2251.05 | 1751.05 | 860    | 49.11  | Kurang   |
| 42 | 1407 | 1403 | 1329 | 151.8 | 46.62 | 1696.8  | 1196.8  | 1379.7 | 115.28 | Berlebih |
| 43 | 856  | 853  | 777  | 162.5 | 56.25 | 1841.25 | 1341.25 | 828.7  | 61.79  | Kurang   |
| 44 | 759  | 730  | 816  | 161   | 54.9  | 1821    | 1321    | 768.3  | 58.16  | Kurang   |
| 45 | 909  | 910  | 973  | 155.5 | 49.95 | 1785.75 | 1285.75 | 930.7  | 72.39  | Kurang   |
| 46 | 773  | 879  | 795  | 156.3 | 50.67 | 1842.3  | 1342.3  | 815.7  | 60.77  | Kurang   |

| Rekapitulasi Food Frequency Questionnaire (FFQ) Responden Kelompok Kontrol |              |              |              |         |               |                         |                   |           |                     |          |
|----------------------------------------------------------------------------|--------------|--------------|--------------|---------|---------------|-------------------------|-------------------|-----------|---------------------|----------|
| No                                                                         | FFQ Minggu 1 | FFQ Minggu 2 | FFQ Minggu 3 | TB (cm) | BB Ideal (kg) | BB Perhitungan *30 kkal | Energi - 500 kkal | Total FFQ | Angka Kecukupan (%) | Kategori |
| 1                                                                          | 1117         | 1140         | 1196         | 150.5   | 45.45         | 1829.25                 | 1329.25           | 1151      | 86.59               | Baik     |
| 2                                                                          | 1367         | 1350         | 1467         | 158.2   | 52.38         | 1790.7                  | 1290.7            | 1394.7    | 108.06              | Baik     |
| 3                                                                          | 1151         | 1172         | 1089         | 150.9   | 45.81         | 1588.65                 | 1088.65           | 1137.3    | 104.47              | Baik     |
| 4                                                                          | 1711         | 1775         | 1746         | 159.3   | 53.37         | 1927.05                 | 1427.05           | 1744      | 122.21              | Berlebih |
| 5                                                                          | 1236         | 1257         | 1303         | 154.8   | 49.32         | 1798.8                  | 1298.8            | 1265.3    | 97.42               | Baik     |
| 6                                                                          | 1715         | 1700         | 1765         | 159     | 53.1          | 1974                    | 1474              | 1726.7    | 117.14              | Berlebih |
| 7                                                                          | 1562         | 1561         | 1571         | 158.1   | 52.29         | 1795.35                 | 1295.35           | 1564.7    | 120.79              | Berlebih |
| 8                                                                          | 875          | 854          | 853          | 150.3   | 45.27         | 1664.55                 | 1164.55           | 860.7     | 73.91               | Kurang   |
| 9                                                                          | 1565         | 1615         | 1567         | 162.3   | 56.07         | 2074.05                 | 1574.05           | 1582.3    | 100.52              | Baik     |
| 10                                                                         | 1077         | 1075         | 1146         | 152.4   | 47.16         | 1611.9                  | 1111.9            | 1099.3    | 98.87               | Baik     |
| 11                                                                         | 881          | 904          | 911          | 162.8   | 56.52         | 2163.3                  | 1663.3            | 898.7     | 54.03               | Kurang   |
| 12                                                                         | 1102         | 1163         | 1146         | 163.7   | 57.33         | 2098.95                 | 1598.95           | 1137      | 71.11               | Kurang   |
| 13                                                                         | 1458         | 1446         | 1376         | 149     | 44.1          | 1659                    | 1159              | 1426.7    | 123.10              | Berlebih |
| 14                                                                         | 1370         | 1397         | 1380         | 148     | 43.2          | 1719                    | 1219              | 1382.3    | 113.40              | Berlebih |
| 15                                                                         | 904          | 877          | 879          | 140     | 36            | 1404                    | 904               | 886.7     | 98.09               | Baik     |
| 16                                                                         | 1506         | 1580         | 1541         | 155.5   | 49.95         | 1723.5                  | 1223.5            | 1542.3    | 126.06              | Berlebih |
| 17                                                                         | 1166         | 1199         | 1083         | 170.9   | 63.81         | 2388.9                  | 1888.9            | 1149.3    | 60.84               | Kurang   |
| 18                                                                         | 1191         | 1286         | 1296         | 159.2   | 53.28         | 2033.7                  | 1533.7            | 1257.7    | 82.00               | Baik     |
| 19                                                                         | 1122         | 1205         | 1221         | 154.3   | 48.87         | 1678.8                  | 1178.8            | 1182.7    | 100.33              | Baik     |
| 20                                                                         | 1575         | 1580         | 1550         | 156.3   | 50.67         | 1789.8                  | 1289.8            | 1568.3    | 121.59              | Berlebih |
| 21                                                                         | 1567         | 1535         | 1470         | 149.8   | 44.82         | 1742.55                 | 1242.55           | 1524      | 122.65              | Berlebih |
| 22                                                                         | 1073         | 1032         | 1151         | 151     | 45.9          | 1616.25                 | 1116.25           | 1085.3    | 97.23               | Baik     |
| 23                                                                         | 1626         | 1605         | 1635         | 161.7   | 55.53         | 1882.95                 | 1382.95           | 1622      | 117.29              | Berlebih |
| 24                                                                         | 1231         | 1280         | 1311         | 175.8   | 68.22         | 2463.3                  | 1963.3            | 1274      | 64.89               | Kurang   |

|    |      |      |      |       |       |         |         |        |        |          |
|----|------|------|------|-------|-------|---------|---------|--------|--------|----------|
| 25 | 1782 | 1700 | 1750 | 149   | 44.1  | 1506    | 1006    | 1744   | 173.36 | Berlebih |
| 26 | 1390 | 1436 | 1356 | 156.6 | 50.94 | 1685.1  | 1185.1  | 1394   | 117.63 | Berlebih |
| 27 | 1197 | 1261 | 1306 | 149.9 | 44.91 | 1664.4  | 1164.4  | 1254.7 | 107.76 | Baik     |
| 28 | 1070 | 1047 | 1163 | 172.7 | 65.43 | 2526.45 | 2026.45 | 1093.3 | 53.95  | Kurang   |
| 29 | 1536 | 1605 | 1545 | 146.7 | 42.03 | 1491.45 | 991.45  | 1562   | 157.55 | Berlebih |
| 30 | 1099 | 1181 | 1103 | 151.3 | 46.17 | 1553.55 | 1053.55 | 1127.7 | 107.04 | Baik     |
| 31 | 1570 | 1592 | 1585 | 148.1 | 43.29 | 1541.1  | 1041.1  | 1582.3 | 151.98 | Berlebih |
| 32 | 1295 | 1305 | 1271 | 153.4 | 48.06 | 1688.4  | 1188.4  | 1290.3 | 108.57 | Baik     |
| 33 | 1177 | 1147 | 1180 | 157   | 51.3  | 1854    | 1354    | 1168   | 86.26  | Baik     |
| 34 | 1447 | 1377 | 1451 | 147.4 | 42.66 | 1743.75 | 1243.75 | 1425   | 114.57 | Berlebih |
| 35 | 1650 | 1635 | 1721 | 159   | 53.1  | 1816.5  | 1316.5  | 1668.7 | 126.75 | Berlebih |
| 36 | 1695 | 1735 | 1736 | 159.9 | 53.91 | 1828.65 | 1328.65 | 1722   | 129.61 | Berlebih |
| 37 | 1152 | 1138 | 1133 | 147.1 | 42.39 | 1480.35 | 980.35  | 1141   | 116.39 | Berlebih |
| 38 | 1210 | 1198 | 1186 | 150   | 45    | 1650    | 1150    | 1198   | 104.17 | Baik     |
| 39 | 1327 | 1306 | 1336 | 158.5 | 52.65 | 1787.25 | 1287.25 | 1323   | 102.78 | Baik     |
| 40 | 1721 | 1667 | 1697 | 148   | 43.2  | 1548    | 1048    | 1695   | 161.74 | Berlebih |
| 41 | 1351 | 1267 | 1376 | 161.5 | 55.35 | 1850.25 | 1350.25 | 1331.3 | 98.60  | Baik     |
| 42 | 1583 | 1586 | 1567 | 163.5 | 57.15 | 2207.25 | 1707.25 | 1578.7 | 92.47  | Baik     |
| 43 | 1107 | 1127 | 1083 | 147.5 | 42.75 | 1508.25 | 1008.25 | 1105.7 | 109.67 | Baik     |
| 44 | 1198 | 1121 | 1173 | 152.1 | 46.89 | 1813.35 | 1313.35 | 1164   | 88.63  | Baik     |
| 45 | 1132 | 1167 | 1126 | 151.6 | 46.44 | 1701.6  | 1201.6  | 1141.7 | 95.01  | Baik     |
| 46 | 1546 | 1590 | 1516 | 150   | 45    | 1545    | 1045    | 1550.7 | 148.39 | Berlebih |

Keterangan Kategori:

1. Kurang : <80% dari total perbandingan
2. Baik : 80% - 110% dari total perbandingan
3. Berlebih : >110% dari total perbandingan

## Lampiran 2. Hasil Output SPSS

### Distribusi Responden Berdasarkan Usia

| Usia  | n  | %     | <i>p-value</i> |
|-------|----|-------|----------------|
| 17.0  | 1  | 1.1   | 0.0001         |
| 18.0  | 33 | 35.9  |                |
| 19.0  | 53 | 57.6  |                |
| 20.0  | 5  | 5.4   |                |
| Total | 92 | 100.0 |                |

### Distribusi Responden Berdasarkan Jenis Kelamin

| Jenis Kelamin | n  | %     | <i>p-value</i> |
|---------------|----|-------|----------------|
| Laki-laki     | 1  | 1.1   | 0.0001         |
| Perempuan     | 91 | 98.9  |                |
| Total         | 92 | 100.0 |                |

### Nilai Rata-Rata Berat Badan Sebelum dan Sesudah Intervensi

|                   | Sebelum |       |           | Sesudah |       |           |
|-------------------|---------|-------|-----------|---------|-------|-----------|
|                   | Min     | Max   | Rata-rata | Min     | Max   | Rata-rata |
| <b>Intervensi</b> | 56.3    | 115.5 | 72.03     | 53.6    | 113.6 | 69.69     |
| <b>Kontrol</b>    | 56.3    | 103.0 | 69.84     | 54.5    | 101.0 | 68.46     |

### Nilai Rata-Rata Lingkar Lengan Sebelum dan Sesudah Intervensi

|                   | Sebelum |      |           | Sesudah |      |           |
|-------------------|---------|------|-----------|---------|------|-----------|
|                   | Min     | Max  | Rata-rata | Min     | Max  | Rata-rata |
| <b>Intervensi</b> | 26.8    | 45.7 | 32.20     | 25.5    | 45.2 | 31.13     |
| <b>Kontrol</b>    | 25.9    | 41.6 | 32.82     | 25.9    | 41.6 | 32.77     |

### Nilai Rata-Rata Lingkar Pinggang Sebelum dan Sesudah Intervensi

|                   | Sebelum |       |           | Sesudah |       |           |
|-------------------|---------|-------|-----------|---------|-------|-----------|
|                   | Min     | Max   | Rata-rata | Min     | Max   | Rata-rata |
| <b>Intervensi</b> | 78.8    | 122.2 | 94.29     | 77.6    | 120.0 | 92.27     |
| <b>Kontrol</b>    | 76.4    | 124.9 | 94.86     | 75.6    | 124.6 | 94.32     |

### Nilai Rata-Rata Lingkar Panggul Sebelum dan Sesudah Intervensi

|                   | Sebelum |       |           | Sesudah |       |           |
|-------------------|---------|-------|-----------|---------|-------|-----------|
|                   | Min     | Max   | Rata-rata | Min     | Max   | Rata-rata |
| <b>Intervensi</b> | 90.5    | 137.6 | 105.97    | 88.5    | 135.4 | 104.18    |
| <b>Kontrol</b>    | 91.8    | 128.7 | 106.91    | 91.7    | 127.9 | 106.46    |

### Kategori Tingkat Kecukupan FFQ

| Kategori tingkat kecukupan FFQ |    |       |               |
|--------------------------------|----|-------|---------------|
|                                | n  | %     | Valid Percent |
| Kurang                         | 25 | 27.2  | 27.2          |
| Baik                           | 41 | 44.6  | 44.6          |
| Berlebih                       | 26 | 28.3  | 28.3          |
| Total                          | 92 | 100.0 | 100.0         |

### Skor Berat Badan

| Group Statistics   |                                                   |    |           |      |
|--------------------|---------------------------------------------------|----|-----------|------|
|                    | Kelompok (1=Intervensi),<br>Kelompok (2= Kontrol) | n  | Rata-rata | SD   |
| Skor Selisih<br>BB | Intervensi                                        | 46 | 2.34      | 0.54 |
|                    | Kontrol                                           | 46 | 1.37      | 0.83 |

| Independent Samples Test |                             |                                           |       |
|--------------------------|-----------------------------|-------------------------------------------|-------|
|                          |                             | t-test for Equality of Means              |       |
|                          |                             | 95% Confidence Interval of the Difference |       |
|                          |                             | Lower                                     | Upper |
| Skor Selisih BB          | Equal variances assumed     | 0.67                                      | 1.25  |
|                          | Equal variances not assumed | 0.67                                      | 1.25  |

| Group Statistics                  |                                                   |    |           |       |
|-----------------------------------|---------------------------------------------------|----|-----------|-------|
|                                   | Kelompok (1=Intervensi),<br>Kelompok (2= Kontrol) | n  | Rata-rata | SD    |
| BB_Sebelum<br>_Intervensi<br>(kg) | Intervensi                                        | 46 | 72.03     | 12.83 |
|                                   | Kontrol                                           | 46 | 69.84     | 11.22 |
| BB_Sesudah<br>_Intervensi<br>(kg) | Intervensi                                        | 46 | 69.69     | 12.94 |
|                                   | Kontrol                                           | 46 | 68.46     | 11.33 |

| Independent Samples Test          |                             |                              |                                           |       |
|-----------------------------------|-----------------------------|------------------------------|-------------------------------------------|-------|
|                                   |                             | t-test for Equality of Means |                                           |       |
|                                   |                             | Std. Error Difference        | 95% Confidence Interval of the Difference |       |
|                                   |                             |                              | Lower                                     | Upper |
| BB_Sebelum<br>_Intervensi<br>(kg) | Equal variances assumed     | 2.51                         | -2.80                                     | 7.19  |
|                                   | Equal variances not assumed | 2.51                         | -2.80                                     | 7.19  |
| BB_Sesudah<br>_Intervensi<br>(kg) | Equal variances assumed     | 2.53                         | -3.81                                     | 6.26  |
|                                   | Equal variances not assumed | 2.53                         | -3.81                                     | 6.27  |

**Skor Lingkar Lengan Atas**

| <b>Group Statistics</b> |                                                   |    |               |      |
|-------------------------|---------------------------------------------------|----|---------------|------|
|                         | Kelompok (1=Intervensi),<br>Kelompok (2= Kontrol) | n  | Rata-<br>rata | SD   |
| Skor Selisih<br>Lila    | Intervensi                                        | 46 | 0.94          | 0.42 |
|                         | Kontrol                                           | 46 | 0.06          | 0.12 |

| <b>Independent Samples Test</b> |                             |                                              |       |
|---------------------------------|-----------------------------|----------------------------------------------|-------|
|                                 |                             | t-test for Equality of Means                 |       |
|                                 |                             | 95% Confidence Interval of the<br>Difference |       |
|                                 |                             | Lower                                        | Upper |
| Skor<br>Selisih Lila            | Equal variances assumed     | 0.75                                         | 1.01  |
|                                 | Equal variances not assumed | 0.75                                         | 1.01  |

| <b>Group Statistics</b>             |                                                   |    |               |      |
|-------------------------------------|---------------------------------------------------|----|---------------|------|
|                                     | Kelompok (1=Intervensi),<br>Kelompok (2= Kontrol) | n  | Rata-<br>rata | SD   |
| LILA_Sebelum<br>_Intervensi<br>(cm) | Intervensi                                        | 46 | 32.20         | 4.23 |
|                                     | Kontrol                                           | 46 | 32.81         | 3.45 |
| LILA_Sesudah_<br>Intervensi (cm)    | Intervensi                                        | 46 | 31.26         | 4.28 |
|                                     | Kontrol                                           | 46 | 32.75         | 3.44 |

**Skor Lingkar Pinggang**

| <b>Group Statistics</b>         |                                                         |                              |                                                 |       |
|---------------------------------|---------------------------------------------------------|------------------------------|-------------------------------------------------|-------|
|                                 | Kelompok<br>(1=Intervensi),<br>Kelompok (2=<br>Kontrol) | n                            | Rata-<br>rata                                   | SD    |
| Skor Selisih<br>Lpinggang       | Intervensi                                              | 46                           | 1.80                                            | 0.68  |
|                                 | Kontrol                                                 | 46                           | 0.46                                            | 0.30  |
| <b>Independent Samples Test</b> |                                                         |                              |                                                 |       |
|                                 |                                                         | t-test for Equality of Means |                                                 |       |
|                                 |                                                         | Std. Error<br>Difference     | 95% Confidence<br>Interval of the<br>Difference |       |
|                                 |                                                         |                              | Lower                                           | Upper |
| Skor Selisih<br>Lpinggang       | Equal variances<br>assumed                              | 0.11                         | 1.11                                            | 1.55  |
|                                 | Equal variances not<br>assumed                          | 0.11                         | 1.11                                            | 1.55  |

| <b>Group Statistics</b>                           |                                                         |    |               |       |
|---------------------------------------------------|---------------------------------------------------------|----|---------------|-------|
|                                                   | Kelompok<br>(1=Intervensi),<br>Kelompok (2=<br>Kontrol) | n  | Rata-<br>rata | SD    |
| Lingkar_Pinggang<br>_Sebelum_Interve<br>_nsi (cm) | Intervensi                                              | 46 | 94.29         | 10.00 |
|                                                   | Kontrol                                                 | 46 | 94.85         | 9.17  |
| Lingkar_Pinggang<br>_Sesudah_Interven<br>_si (cm) | Intervensi                                              | 46 | 92.49         | 10.19 |
|                                                   | Kontrol                                                 | 46 | 94.39         | 9.22  |

| Independent Samples Test                         |                             |                              |                                           |       |
|--------------------------------------------------|-----------------------------|------------------------------|-------------------------------------------|-------|
|                                                  |                             | t-test for Equality of Means |                                           |       |
|                                                  |                             | Std. Error Difference        | 95% Confidence Interval of the Difference |       |
|                                                  |                             |                              | Lower                                     | Upper |
| Lingkar_Pinggang<br>_Sebelum_Interve<br>nsi (cm) | Equal variances assumed     | 2.00                         | -4.53                                     | 3.41  |
|                                                  | Equal variances not assumed | 2.00                         | -4.53                                     | 3.41  |
| Lingkar_Pinggang<br>_Sesudah_Interve<br>nsi (cm) | Equal variances assumed     | 2.02                         | -5.92                                     | 2.12  |
|                                                  | Equal variances not assumed | 2.02                         | -5.92                                     | 2.12  |

### Skor Lingkar Panggul

| Group Statistics            |                                                   |    |           |      |
|-----------------------------|---------------------------------------------------|----|-----------|------|
|                             | Kelompok (1=Intervensi),<br>Kelompok (2= Kontrol) | n  | Rata-rata | SD   |
| Skor<br>Selisih<br>Lpanggul | Intervensi                                        | 46 | 1.54      | 0.52 |
|                             | Kontrol                                           | 46 | 0.35      | 0.31 |

| Independent Samples Test |                             |                              |                                           |       |
|--------------------------|-----------------------------|------------------------------|-------------------------------------------|-------|
|                          |                             | t-test for Equality of Means |                                           |       |
|                          |                             | Std. Error Difference        | 95% Confidence Interval of the Difference |       |
|                          |                             |                              | Lower                                     | Upper |
| Skor Selisih<br>Lpanggul | Equal variances assumed     | 0.08                         | 1.01                                      | 1.37  |
|                          | Equal variances not assumed | 0.08                         | 1.01                                      | 1.37  |

| <b>Group Statistics</b>              |                                                      |    |               |      |
|--------------------------------------|------------------------------------------------------|----|---------------|------|
|                                      | Kelompok<br>(1=Intervensi),<br>Kelompok (2= Kontrol) | n  | Rata-<br>rata | SD   |
| LPanggul_Sebelum<br>_Intervensi (cm) | Intervensi                                           | 46 | 105.97        | 9.83 |
|                                      | Kontrol                                              | 46 | 106.91        | 7.50 |
| LPanggul_Sesudah<br>_Intervensi (cm) | Intervensi                                           | 46 | 104.42        | 9.78 |
|                                      | Kontrol                                              | 46 | 106.56        | 7.44 |

### Lampiran 3. Surat Izin Survei Pendahuluan



#### Kementerian Kesehatan

Direktorat Jenderal  
Sumber Daya Manusia Kesehatan  
Poltekkes Medan  
Jalan Jamin Ginting KM. 13,5  
Medan, Sumatera Utara 20137  
(061) 8368633  
<https://poltekkes-medan.ac.id>

Lubuk Pakam, 9 Mei 2025

Nomor : KH.03.01/XIV.13/726/2025  
Lampiran : 1 (Satu)  
Perihal : Ijin Survei Pendahuluan

Kepada Yth:  
Ketua Jurusan Gizi Poltekkes Kemenkes Medan  
di\_  
Tempat

Sesuai dengan kurikulum Diploma Sarjana Terapan Gizi dan Dietetika Jurusan Gizi dimana mahasiswa semester VI diwajibkan menyusun Usulan/Proposal Skripsi. Berkenaan dengan hal tersebut kami mohon izin bagi mahasiswa bimbingan Ibu Dr. Mahdiah, DCN, M.Kes untuk melakukan Survei Pendahuluan di Jurusan Gizi Poltekkes Kemenkes Medan. Adapun nama mahasiswa tersebut, adalah:

| No | Nama                       | NIM          | Judul                                                                                                                                                                                                                           |
|----|----------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Shynta Angelina<br>Pardede | P01031222051 | Pengaruh Pemberian Minuman Kutembel (Kunyit, Daun Tempuyung, Daun Jati Belanda) Terhadap Perubahan Berat Badan, Lingkar Lengan, Lingkar Pinggang, Lingkar Panggul Pada Mahasiswa Obesitas Jurusan Gizi Poltekkes Kemenkes Medan |

Demikian kami sampaikan, atas perhatian dan kerjasamanya kami ucapkan terima kasih.

Ketua Jurusan,



Riris Oppusunggu, S. Pd. M. Kes

Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silakan laporkan melalui HALO KEMENKES 1500567 dan <https://wbs.kemkes.go.id>. Untuk verifikasi keaslian tanda tangan elektronik, silakan unggah dokumen pada laman <https://tte.kominfo.go.id/verifyPDF>.



Dokumen ini telah ditandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BSrE), Badan Siber dan Sandi Negara

#### Lampiran 4. Informed Consent

##### PERNYATAAN KESEDIAAN MENJADI RESPONDEN PENELITIAN

Saya yang bertanda tangan dibawah ini :

Nama :

Kelas :

No. Absen :

Umur :

Jenis kelamin :

Bersedia dan mau berpartisipasi menjadi responden penelitian dengan judul “Pengaruh Pemberian Minuman Trislim (Kunyit, Daun Tempuyung, Daun Jati Belanda) Terhadap Perubahan Berat Badan, Lingkar Lengan, Lingkar Pinggang, Lingkar Panggul Pada Mahasiswa Obesitas Jurusan Gizi Poltekkes Kemenkes Medan” yang akan dilakukan oleh:

Nama : Shynta Angelina Pardede  
 Instansi : Poltekes Kemenkes Medan  
 Program studi : Sarjana Terapan Gizi dan Dietetika  
 No. Hp : 085757443972

Apabila dalam penelitian ini ada perubahan dan keberatan menjadi responden dapat mengajukan pengunduran diri. Demikian surat pernyataan ini saya buat dengan sesungguhnya tanpa ada paksaan dari pihak manapun.

Mengetahui;

Peneliti

Responden

(Shynta Angelina Pardede)

( )

### Lampiran 5. Format Kepatuhan Konsumsi Minuman Trislim

Nama :  
 Nim :  
 Kelas :  
 Program Studi :

**Petunjuk pengisian : Berikan tanda (✓) pada kolom dengan sesuai.**

| No. | Tanggal | Pagi<br>(10.00) |       | Sore<br>(15.00) |       | Keluhan sesudah<br>minum |
|-----|---------|-----------------|-------|-----------------|-------|--------------------------|
|     |         | Ya              | Tidak | Ya              | Tidak |                          |
| 1.  |         |                 |       |                 |       |                          |
| 2.  |         |                 |       |                 |       |                          |
| 3.  |         |                 |       |                 |       |                          |
| 4.  |         |                 |       |                 |       |                          |
| 5.  |         |                 |       |                 |       |                          |
| 6.  |         |                 |       |                 |       |                          |
| 7.  |         |                 |       |                 |       |                          |
| 8.  |         |                 |       |                 |       |                          |
| 9.  |         |                 |       |                 |       |                          |
| 10. |         |                 |       |                 |       |                          |
| 11. |         |                 |       |                 |       |                          |
| 12. |         |                 |       |                 |       |                          |
| 13. |         |                 |       |                 |       |                          |
| 14. |         |                 |       |                 |       |                          |
| 15. |         |                 |       |                 |       |                          |
| 16. |         |                 |       |                 |       |                          |
| 17. |         |                 |       |                 |       |                          |
| 18. |         |                 |       |                 |       |                          |
| 19. |         |                 |       |                 |       |                          |
| 20. |         |                 |       |                 |       |                          |
| 21. |         |                 |       |                 |       |                          |

### Lampiran 6. Food Frequency Questionnaire

Petunjuk : Berilah tanda centang (✓) pada kolom frekuensi yang sesuai berdasarkan jenis bahan makanan dan frekuensi makan yang tersedia.

| Nama Bahan Makanan   |              | Berapa Kali Konsumsi per / minggu |                  |                           |             |              |            |              | Ket |
|----------------------|--------------|-----------------------------------|------------------|---------------------------|-------------|--------------|------------|--------------|-----|
|                      |              |                                   | Setiap hari (3x) | 1x sehari (4-6x seminggu) | <3 x/minggu | 1-2 x/minggu | 1 x/minggu | Tidak pernah |     |
|                      |              | URT                               | (50)             | (25)                      | (15)        | (10)         | (1)        | (0)          |     |
| <b>Makanan pokok</b> | Nasi         | 1,5 ctg                           |                  |                           |             |              |            |              |     |
|                      | Mie instan   | 1 bks                             |                  |                           |             |              |            |              |     |
|                      | Roti         | 2 lembar                          |                  |                           |             |              |            |              |     |
| <b>Lauk</b>          | D. ayam      | 1ptg                              |                  |                           |             |              |            |              |     |
| <b>Hewani</b>        | Daging sapi  | 1ptg                              |                  |                           |             |              |            |              |     |
|                      | Ikan         | 1 ptg                             |                  |                           |             |              |            |              |     |
|                      | Telur        | 1 biji                            |                  |                           |             |              |            |              |     |
| <b>Nabati</b>        | tempe        | 2 ptg                             |                  |                           |             |              |            |              |     |
|                      | Tahu         | 2 ptg kecil                       |                  |                           |             |              |            |              |     |
|                      | Kacang       | 1 p                               |                  |                           |             |              |            |              |     |
| <b>Sayuran</b>       | Bayam        | 1 sdm                             |                  |                           |             |              |            |              |     |
|                      | Kangkung     | 1sdm                              |                  |                           |             |              |            |              |     |
|                      | Daun ubi     | 1ctg sayur                        |                  |                           |             |              |            |              |     |
|                      | Sawi hijau   | 1ctg                              |                  |                           |             |              |            |              |     |
|                      | Kac. Panjang | 1sdm                              |                  |                           |             |              |            |              |     |
|                      | Terong       | 1 sdm                             |                  |                           |             |              |            |              |     |
|                      | Wortel       | 1sdm                              |                  |                           |             |              |            |              |     |
|                      | Buncis       | 1sdm                              |                  |                           |             |              |            |              |     |
|                      | Taoge        | 1sdm                              |                  |                           |             |              |            |              |     |
|                      | Labu Siam    | 1 sdm                             |                  |                           |             |              |            |              |     |

|                         |                 |              |  |  |  |  |  |  |  |
|-------------------------|-----------------|--------------|--|--|--|--|--|--|--|
| <b>Buah-<br/>buahan</b> | Jambu biji      | 1bh sdg      |  |  |  |  |  |  |  |
|                         | Apel            | 1 ptg        |  |  |  |  |  |  |  |
|                         | Papaya          | 1 ptg        |  |  |  |  |  |  |  |
|                         | Jeruk           | 1 bh         |  |  |  |  |  |  |  |
|                         | Semangka        | 1 ptg        |  |  |  |  |  |  |  |
|                         | Pisang          | 1 bh         |  |  |  |  |  |  |  |
|                         | Mangga          | 1bh sdg      |  |  |  |  |  |  |  |
|                         | salak           | 1 bh         |  |  |  |  |  |  |  |
|                         | Lain- lain      |              |  |  |  |  |  |  |  |
| <b>Jajanan</b>          | <b>Makanan:</b> |              |  |  |  |  |  |  |  |
|                         | Gorengan        | 1 bh         |  |  |  |  |  |  |  |
|                         | Batagor         | 1 porsi      |  |  |  |  |  |  |  |
|                         | Sosis<br>goreng | 1 bh         |  |  |  |  |  |  |  |
|                         | Siomay          | 1 porsi      |  |  |  |  |  |  |  |
|                         | Mie ayam        | 1 porsi      |  |  |  |  |  |  |  |
|                         | donat           | 1 buah       |  |  |  |  |  |  |  |
|                         | puding          | 1 cup        |  |  |  |  |  |  |  |
|                         | keripik         | 1<br>genggam |  |  |  |  |  |  |  |
|                         | <b>Minuman:</b> |              |  |  |  |  |  |  |  |
|                         | susu            | 1 gls        |  |  |  |  |  |  |  |
|                         | Teh sosro       | 1 btl        |  |  |  |  |  |  |  |
|                         | eskrim          | 1 cup        |  |  |  |  |  |  |  |
|                         | Teh manis       | 1 gls        |  |  |  |  |  |  |  |
|                         | Jus buah        | 1 gls        |  |  |  |  |  |  |  |
|                         | Pop ice         | 1 gls        |  |  |  |  |  |  |  |
|                         | Nutrisari       | 1 gls        |  |  |  |  |  |  |  |

**Lampiran 7. Kuesioner Pengukuran**

Tanggal wawancara :

Nama :

Tanggal lahir :

Jenis kelamin :

Tinggi badan :

Berat badan :

Lingkar lengan :

Lingkar pinggang :

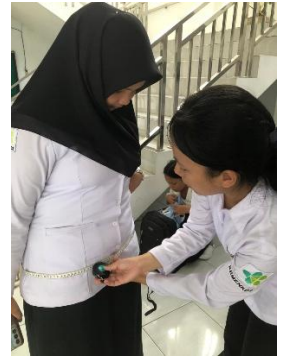
Lingkar panggung :

## Lampiran 8. Dokumentasi Saat Melakukan Pengukuran

### Pengukuran Awal (Sebelum)



### Pengukuran Akhir (Sesudah)



## Lampiran 9. Dokumentasi Kelompok Intervensi



## Lampiran 10. Dokumentasi Kelompok Kontrol



## Lampiran 11. *Ethical Clearance (EC)*



**Kementerian Kesehatan**  
**Poltekkes Medan**  
 Komisi Etik Penelitian Kesehatan  
 Jalan Jamin Ginting KM. 13,5  
 Medan, Sumatera Utara 20137  
 ☎ (061) 8368633  
 🌐 <https://poltekkes-medan.ac.id>

**KETERANGAN LAYAK ETIK**  
**DESCRIPTION OF ETHICAL EXEMPTION**  
**"ETHICAL EXEMPTION"**

No.01.26.3040/KEPK/POLTEKKES KEMENKES MEDAN 2026

Protokol penelitian versi 1 yang diusulkan oleh :  
*The research protocol proposed by*

Peneliti utama : Shynta Angelina Pardede  
*Principal In Investigator*

Nama Institusi : Politeknik Kesehatan Kementerian  
 Kesehatan Medan

*Name of the Institution*

Dengan judul:  
*Title*

**"Pengaruh Pemberian Minuman Trislim (Kunyit, Daun Tempuyung, Daun Jati Belanda) Terhadap Perubahan Berat Badan, Lingkar Lengan, Lingkar Pinggang, Lingkar Panggul Pada Mahasiswa Obesitas Jurusan Gizi Poltekkes Kemenkes Medan"**

*"The Effect of Trislim Beverage Administration (Turmeric, Tempuyung Leaves, and Jati Belanda Leaves) on Changes in Body Weight, Arm Circumference, Waist Circumference, and Hip Circumference among Obese Nutrition Students at Poltekkes Kemenkes Medan."*

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

*Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.*

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 02 Juli 2026 sampai dengan ~~Juli 2026~~ Juli 2027.

*Chairperson,*

*This declaration of ethics applies during the period July 02, 2026 until July 02, 2027.*



Dr. Lestari Rahmah, MKT

## Lampiran 12. Laporan Bukti Bimbingan Skripsi

### BUKTI BIMBINGAN SKRIPSI

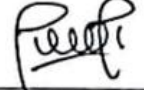
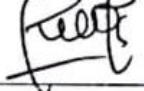
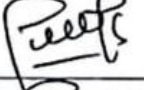
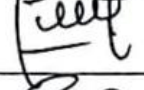
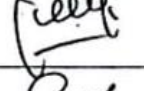
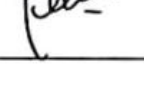
Nama : Shynta Angelina Pardede

Nim : P01031222051

Program Studi : Sarjana Terapan Gizi dan Dietetika

Judul : Pengaruh Pemberian Minuman Trislim (Kunyit, Daun Tempuyung, Daun Jati Belanda) Terhadap Perubahan Berat Badan, Lingkar Lengan, Lingkar Pinggang, Lingkar Panggul pada Mahasiswa Obesitas Jurusan Gizi Poltekkes Kemenkes Medan

Pembimbing Utama : Dr. Mahdiah, DCN, M.Kes

| No. | Tanggal Bimbingan        | Topik Bimbingan                                      | TTD Mahasiswa                                                                        | TTD Pembimbing                                                                        |
|-----|--------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1.  | Selasa, 18 Februari 2025 | Penyerahan surat permintaan sebagai dosen pembimbing |   |   |
| 2.  | Jumat, 21 Februari 2025  | Membahas topik yang akan diteliti                    |  |  |
| 3.  | Selasa, 25 Februari 2025 | Menentukan judul                                     |  |  |
| 4.  | Selasa, 04 Maret 2025    | ACC judul                                            |  |  |
| 5.  | Selasa, 11 Maret 2025    | Melakukan survei pendahuluan                         |  |  |
| 6.  | Kamis, 13 Maret 2025     | Menyelesaikan Proposal Bab I – Bab III               |  |  |
| 7.  | Selasa, 18 Maret 2025    | Menyelesaikan Proposal Bab I – Bab III               |  |  |
| 8.  | Kamis, 20 Maret 2025     | Perbaikan Proposal Bab I – Bab III                   |  |  |
| 9.  | Senin, 25 Maret 2025     | Perbaikan Proposal Bab I – Bab III                   |  |  |

|     |                         |                                                  |       |  |
|-----|-------------------------|--------------------------------------------------|-------|--|
| 10. | Selasa, 15 April 2025   | Perbaikan Proposal Bab I – Bab III               | Angel |  |
| 11. | Senin, 28 April 2025    | Perbaikan Proposal Bab I – Bab III               | Angel |  |
| 12. | Kamis, 01 Mei 2025      | Perbaikan Proposal Bab I – Bab III               | Angel |  |
| 13. | Rabu, 07 Mei 2025       | Mendiskusikan Bab I – Bab III yang telah disusun | Angel |  |
| 14. | Senin, 12 Mei 2025      | ACC usulan proposal                              | Angel |  |
| 15. | Selasa, 27 Mei 2025     | Seminar Proposal                                 | Angel |  |
| 16. | Senin, 19 Januari 2026  | Perbaikan Proposal                               | Angel |  |
| 17. | Selasa, 20 Januari 2026 | Bimbingan Bab IV dan Bab V                       | Angel |  |
| 18. | Rabu, 21 Januari 2026   | Bimbingan Bab IV dan Bab V                       | Angel |  |
| 19. | Kamis, 22 Januari 2026  | Bimbingan Bab IV dan Bab V                       | Angel |  |
| 20. | Kamis, 29 Januari 2026  | Bimbingan Bab IV, Bab V, dan Lampiran            | Angel |  |
| 21. | Jumat, 30 Januari 2026  | Bimbingan Bab IV, Bab V, dan Lampiran            | Angel |  |
| 22. | Senin, 02 Februari 2026 | Seminar Hasil                                    | Angel |  |
| 23. | Senin, 11 Mei 2026      | Perbaikan Skripsi Bab IV dan Bab V               | Angel |  |
| 24. | Selasa, 12 Mei 2026     | Perbaikan Skripsi Bab IV dan Bab V               | Angel |  |
| 25. | Senin, 18 Mei 2026      | Perbaikan Skripsi Bab IV dan Bab V               | Angel |  |

|     |                           |                                                          |       |      |
|-----|---------------------------|----------------------------------------------------------|-------|------|
| 26. | Jumat, 22 Mei<br>2026     | ACC Penguji I                                            | Angel | Puul |
| 27. | Senin, 25 Mei<br>2026     | Perbaikan Skripsi                                        | Angel | Puul |
| 28. | Rabu, 27 Mei<br>2026      | ACC Penguji II                                           | Angel | Puul |
| 29. | Senin, 22 Juni<br>2026    | Bimbingan Penyelesaian<br>Bab IV, Bab V, dan<br>Lampiran | Angel | Puul |
| 30. | Selasa, 07 Juli<br>2026   | ACC abstrak dengan<br>dosen pembimbing                   | Angel | Puul |
| 31. | Kamis, 06<br>Agustus 2026 | Validasi terjemahan<br>abstrak                           | Angel | Puul |
| 32. | Rabu, 11<br>Agustus 2026  | ACC turnitin                                             | Angel | Puul |