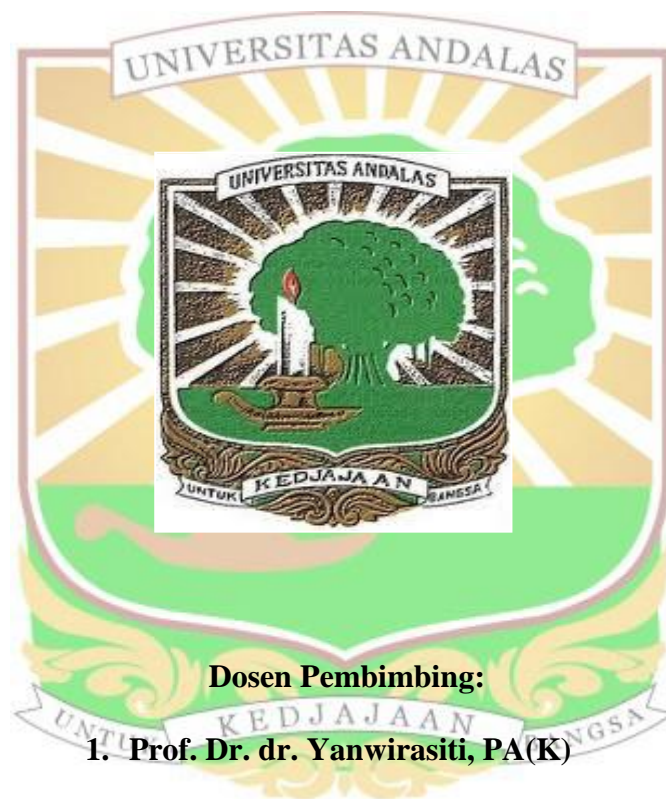


**PENGARUH PEMBERIAN SARI KURMA (*Phoenix dactylifera*) TERHADAP
KADAR HORMON KORTISOL DAN HORMON BETA-ENDORFIN
TIKUS PUTIH (*Rattus norvegicus*) BETINA
DI AKHIR KEHAMILAN**

TESIS

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ABSTRAK

Pengaruh Pemberian Sari Kurma (*Phoenix dactylifera*) Terhadap Kadar Hormon Kortisol Dan Kadar Hormon Beta-endorfin Pada Tikus Putih (*Rattus norvegicus*) Betina di Akhir Kehamilan

Andriana

Nyeri persalinan merupakan hal fisiologis, namun jika tidak dikelola dengan baik dapat menyebabkan aktivitas uterus tidak terkoordinasi yang akan mengakibatkan partus lama. Kurma memiliki kandungan lengkap yang terdiri dari fruktosa, glukosa, sukrosa, asam amino, flavonoid, mineral dan vitamin. Kurma dapat digunakan sebagai metode nonfarmakologi untuk mengurangi nyeri persalinan. Tujuan penelitian untuk mengetahui pengaruh pemberian sari kurma (*Phoenix dactylifera*) terhadap kadar hormon kortisol dan kadar hormon beta-endorfin pada tikus putih (*Rattus norvegicus*) betina di akhir kehamilan.

Jenis penelitian adalah eksperimental dengan *post test only control group design*. Sampel yang digunakan 24 ekor tikus putih yang dibagi dalam 4 kelompok: kelompok kontrol, P1 (1,6 ml sari kurma 50%), P2 (1,6 ml sari kurma 75%), P3 (1,6 ml sari kurma 100%) masing-masing diberikan selama hamil. Pengambilan sampel dengan teknik *simple random sampling*. Kadar kortisol dan beta-endorfin diukur menggunakan metode *Enzyme-Linked Immunosorbent Assay* (ELISA). Uji normalitas data dengan *Shapiro Wilk* dilanjutkan dengan uji *One Way ANOVA*, uji *statistic multiple (post hoc test)* jenis *bonferroni* untuk melihat perbedaan masing-masing kelompok.

Hasil penelitian menunjukkan perbedaan rerata kadar kortisol antara kelompok kontrol dan kelompok perlakuan secara statistik tidak signifikan ($p > 0,05$). Sedangkan kadar beta-endorfin pada kelompok perlakuan lebih tinggi dibandingkan kelompok kontrol ($p < 0,05$). Meskipun demikian, perbedaan rerata antara kelompok perlakuan (P1, P2, P3) secara statistik tidak signifikan.

Disimpulkan bahwa pemberian sari kurma tidak berpengaruh terhadap kadar kortisol, namun dapat meningkatkan kadar beta-endorfin.

Kata Kunci : Sari Kurma, Kortisol, Beta-endorfin

ABSTRACT
THE EFFECT OF GIVING DATE (*Phoenix dactylifera*) JUICE TO THE CORTISOL LEVEL AND BETA-ENDORFIN HORMONES AT FEMALE ALBINO RATS (*Rattus norvegicus*) IN LATE PREGNANCY

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Labor pain is a physiological process that affect on uncoordinated uterus activity, if it is not managed properly that has consequence to prolonged labor. Date fruit contains rich fructose, glucose, sucrose, amino acids, flavonoids, minerals and vitamins, which can be used as non pharmacological substance to reduce labor pain. The aim of research is to determine the effect of the dates (*Phoenix dactylifera*) juice to the levels of cortisol and beta-endorphin hormones at female albino rats (*Rattus norvegicus*) in late pregnancy.

This study was experimental research with post test only control group design on 24 albino rats which were divided into 4 groups: control group, experimental group 1 (1.6 ml of 50% date juice), experimental group 2 (1.6 ml of 75% date juice), experimental group 3 (1.6 ml of 100% date juice). The samples were taken by using simple random sampling technique. Cortisol and Beta endorphins levels were measured by using Enzyme-Linked Immunosorbent Assay (ELISA). To determine the normality, the data were tested by using Shapiro Wilk and followed by One Way ANOVA test, multiple statistical tests benferoni type to see the difference of each group.

The results show the average level of cortisol between the control group and the experimental group no significant difference ($p > 0.05$). Level of beta-endorphin experimental group (EG1, EG2, EG3) higher than the control group ($p < 0.05$). However, between experimental groups (EG1, EG2, EG3) there is no significant difference.

The conclusion, the feeding of juice of dates no effect to cortisol levels, but this increase the levels of beta-endorphins.

Keywords : Juice of Date, Cortisol, Beta-endorphin

