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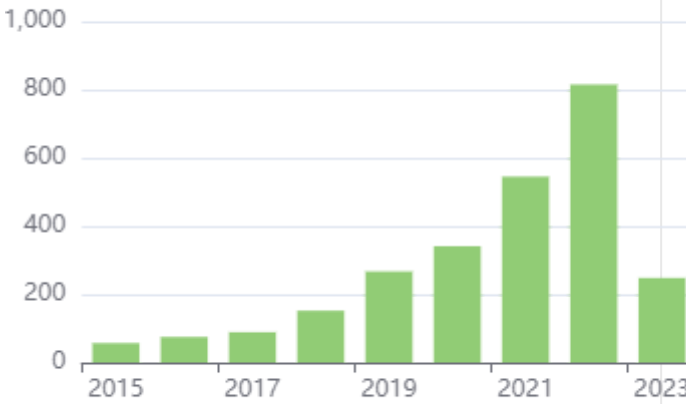
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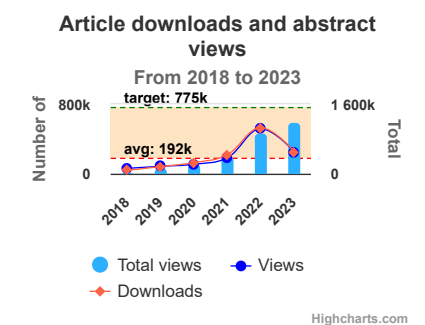
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POTENSI TERAPEUTIK KOPI HIJAU TERHADAP OBESITAS

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ABSTRACT

Background: Obesity is a nutritional problem caused by excess food intake. This increases the risk of degenerative diseases. Consumption of green coffee affects the incidence of obesity, which can improve body composition, lipid profile, and inflammatory response. Green coffee is defined as coffee beans that haven't been roasted. Green coffee contains caffeine, trigonellin, and chlorogenic acid. These compounds are widely used for health both in the form of brewed coffee or supplements.

Objective: Analyzing the benefits of green coffee to deal with obesity problems.

Method: Literature review using research articles in the last 10 years from 4 databases (ScienceDirect, PubMed, ProQuest, and ResearchGate) using keywords: green coffee, obesity, inflammation, lipid profile, weight, BMI. Study selection was based on the 2009 PRISMA Statement and 24 studies were included in this review.

Results: In 22 studies, green coffee can improve body composition (weight, BMI, WC, and body fat percentage), lipid profile (LDL, triglycerides and HDL) and inflammatory conditions in human and mice. Nonetheless, there were 2 studies that didn't show a significant effect of green coffee on reducing body weight and improving lipid profiles in mice and humans. This is likely due to differences in the source or dose of chlorogenic acid given. In addition, green coffee can be used as an anti-inflammatory because it contains pyrocatechol.

Conclusion: Green coffee has therapeutic potential because it contains chlorogenic acid, caffeine, and trigonellin which show remedial effects on body composition, lipid profile and inflammatory conditions.

Keywords: Anti-inflammatory; Body composition; Green coffee; Lipid profile; Obesity.

ABSTRAK

Latar Belakang: Obesitas merupakan salah satu permasalahan gizi akibat asupan makanan berlebih. Hal tersebut meningkatkan risiko penyakit degeneratif. Konsumsi kopi hijau berpengaruh terhadap kejadian obesitas, dimana dapat memperbaiki komposisi tubuh, profil lipid, serta respon inflamasi. Kopi hijau didefinisikan sebagai biji kopi yang belum dilakukan proses pemanggangan. Kopi hijau mengandung kafein, trigonelin, dan polifenol dimana senyawa polifenol yang utama terkandung pada kopi hijau adalah asam klorogenat. Senyawa tersebut banyak dimanfaatkan untuk kesehatan baik dalam bentuk bubuk kopi yang diseduh ataupun suplemen.

Tujuan: Menganalisis manfaat kopi hijau untuk menangani masalah obesitas.

Metode: Literature review menggunakan artikel penelitian dalam 10 tahun terakhir dari 4 database (ScienceDirect, PubMed, ProQuest, dan ResearchGate) menggunakan keywords: green coffee, obesity, inflammation, lipid profile, weight, BMI. Seleksi studi mengacu pada PRISMA Statement 2009 dan ditetapkan 24 studi yang disertakan dalam review ini.

Hasil: Pada 22 penelitian, kopi hijau dapat memperbaiki komposisi tubuh (berat badan, IMT, lingkar pinggang, dan persentase lemak tubuh), profil lipid (LDL, trigliserida dan HDL) serta kondisi inflamasi pada subjek manusia dan mencit. Meskipun demikian, terdapat 2 penelitian yang tidak menunjukkan efek signifikan kopi hijau dalam penurunan berat badan dan perbaikan profil lipid pada mencit dan manusia. Hal ini kemungkinan terjadi karena adanya perbedaan sumber atau dosis asam klorogenat yang diberikan. Selain itu, kopi hijau dapat digunakan sebagai anti-inflamasi karena mengandung zat pyrocatechol.

Simpulan: Kopi hijau memiliki potensi terapeutik karena mengandung asam klorogenat, kafein, dan trigonelin yang menunjukkan efek perbaikan pada komposisi tubuh, profil lipid dan kondisi inflamasi.

Kata kunci: Anti-inflamasi; Komposisi tubuh; Kopi hijau; Obesitas; Profil lipid.

HUBUNGAN SCREEN TIME, AKTIVITAS FISIK, DAN BEBAN KERJA PADA IBU BEKERJA TERHADAP PEMBERIAN ASI EKSKLUSIF-DIRECT BREASTFEEDING SAAT PANDEMI COVID-19

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ABSTRACT

Background: *Work from home (WFH) has various positive and negative impacts. Working mothers have enough time for their families. One of which is exclusive breastfeeding for their babies. However, the transition of work patterns to WFH can increase device usage or screen time among working mothers. So, it affects lifestyle behaviors related to physical activity. In addition, the workload during WFH tends to be higher and it affects mothers in carrying out their roles as mothers and employees.*

Objective: *This study aims to determine the association between screen time, physical activity, and workload among working mothers with exclusive breastfeeding through direct breastfeeding and mixed breastfeeding during the Covid-19 pandemic.*

Methods: *This research was conducted on 27 breastfeeding mothers with ≥ 6 months and ≤ 2 years old children. This research design is a cross-sectional study and sampling techniques using purposive sampling. Data analysis using spearman rank correlation.*

Results: *Results reveal that there is no association between screen time (television, laptop or computer, and smartphone) with the breastfeeding method with $p > 0,05$ ($p\text{-value} = 0.239$; $p\text{-value} = 0.403$; $p\text{-value} = 0.714$) and there is no association between physical activity with screen time (TV, laptop or computer, and smartphone) with $p > 0,05$ ($p\text{-value} = 0.692$; $p\text{-value} = 0.277$; $p\text{-value} = 0.239$). But, there is an association between workload and breastfeeding through direct breastfeeding and mixed breastfeeding with $p < 0.05$ ($p = 0.036$).*

Conclusion: *Screen time and breastfeeding methods have no association. There is also no association between screen time and physical activity. However, there is an association between workload and breastfeeding methods in direct breastfeeding and mixed breastfeeding.*

Keywords : *Breastfeeding methods; Exclusive breastfeeding; Physical Activity; Screen time; Workload*

ABSTRAK

Latar belakang: *Work from Home (WFH) memiliki berbagai dampak positif dan negatif. Ibu yang bekerja secara WFH cenderung memiliki waktu yang cukup untuk keluarga salah satunya yaitu pemberian ASI eksklusif bagi bayinya. Namun, transisi pola kerja ke WFH dapat meningkatkan penggunaan perangkat berlayar atau screen time pada ibu bekerja sehingga memengaruhi perilaku gaya hidup yang berkaitan dengan aktivitas fisik. Selain itu, beban kerja saat WFH cenderung lebih tinggi sehingga memengaruhi ibu dalam menjalankan peran menjadi ibu dan pekerja.*

Tujuan: *mengetahui hubungan screen time, aktivitas fisik, dan beban kerja pada ibu bekerja terhadap pemberian ASI eksklusif secara direct breastfeeding dan mixed breastfeeding saat pandemi covid-19.*

Metode: *Metode penelitian ini dilakukan kepada 27 ibu menyusui yang bekerja WFH dan memiliki bayi berusia ≥ 6 bulan dan ≤ 2 tahun. Penelitian ini menggunakan desain cross sectional dengan penentuan subjek secara purposive. Analisis data menggunakan uji spearman rank correlation.*

Hasil: *tidak terdapat hubungan antara screen time (TV, laptop atau komputer, dan handphone) dengan metode menyusui dengan nilai $p > 0,05$ ($p\text{-value} = 0,239$; $p\text{-value} = 0,403$; $p\text{-value} = 0,714$) dan tidak terdapat hubungan antara aktivitas fisik dengan screen time TV, laptop atau komputer, dan handphone dengan nilai $p > 0,05$ ($p\text{-value} = 0,692$; $p\text{-value} = 0,277$; $p\text{-value} = 0,239$). Terdapat hubungan antara beban kerja dengan metode menyusui secara direct breastfeeding dan mixed breastfeeding dengan $p\text{-value} = 0,036$.*

Simpulan: *Screen time dan metode menyusui tidak memiliki hubungan. Tidak terdapat juga hubungan antara screen time dengan aktivitas fisik. Namun, terdapat hubungan antara beban kerja dengan metode menyusui secara direct breastfeeding dan mixed breastfeeding.*

Kata kunci : *ASI eksklusif; Aktivitas fisik; Beban kerja; Metode pemberian ASI; Screen time*

PENDAHULUAN

Indonesia merupakan salah satu negara yang terdampak Covid-19. Pandemi Covid-19 memberikan perubahan dalam berbagai aspek dalam kehidupan. Semua sektor industri terkena dampak

dari Covid-19, seperti sektor pendidikan, pelayanan informasi, pemerintahan, kesehatan dan pelayanan sosial serta sektor bisnis. Adanya pembatasan kegiatan membuat banyak perusahaan mengizinkan setiap karyawannya untuk melakukan pekerjaan dari