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HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH : JURNAL ILMIAH

Judul Artikel Ilmiah : Pengaruh Pembatasan Asupan Makan Wanita Obesitas Pre-Menopause terhadap Kadar
 Penulis Artikel Ilmiah : Fika Shafiana Nadia, Desti Ambar Wati, Muflihah Isnawati, Muhammad Sulchan, **Diana Nur Afifah**
 Status Pengusul : Penulis pertama/penulis anggota/penulis korespondensi
 Identitas Jurnal Ilmiah : a. Nama Jurnal : Jurnal Aplikasi Teknologi Pangan
 b. Nomor/Volume/Hal : 1/9/18-24
 c. Edisi (bulan/tahun) : Februari/2020
 d. Penerbit : Indonesian Food Technologists in the collaboration with Faculty
 e. Jumlah halaman : 7
 f. DOI artikel (Jika ada) : <https://dx.doi.org/10.17728/jatp.5028>
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Kelengkapan dan Kesesuaian Unsur : Jurnal nasional terakreditasi terindeks di Sinta 2, unsur lengkap dari abstrak hingga daftar pustaka
 Ruang Lingkup dan Kedalaman Pembahasan : Ruang lingkup penelitian pengaruh pembatasan asupan makan pada wanita obesitas pre-menopause terhadap Kadar Triglisserida dan Status Resistensi Insulin. Lebih dari 80% referensi adalah pustaka primer
 Kecukupan & Kemutakhiran Data & Metodologi : Penelitian penelitian true experimental dengan menggunakan rancangan pre-post randomized control group design
 Kelengkapan Unsur dan Kualitas Penerbit : Terbitan lengkap memuat vol, no, tahun dan daftar isi

Semarang, 10 Februari 2020
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d. Kelengkapan unsur dan kualitas penerbit (30%)		7,5		7,5
Nilai Total = (100%)		25		24,7

Nilai pengusul = $(40\% \times 24,7)/4 = 2,47$

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Kecukupan & Kemutakhiran Data & Metodologi	: Penelitian penelitian true experimental dengan menggunakan rancangan pre-post randomized control group design
Kelengkapan Unsur dan Kualitas Penerbit	: Terbitan lengkap memuat vol, no, tahun dan daftar isi dan terindeks di

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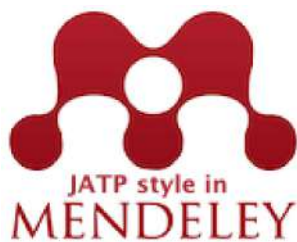


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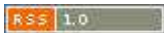
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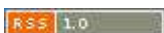
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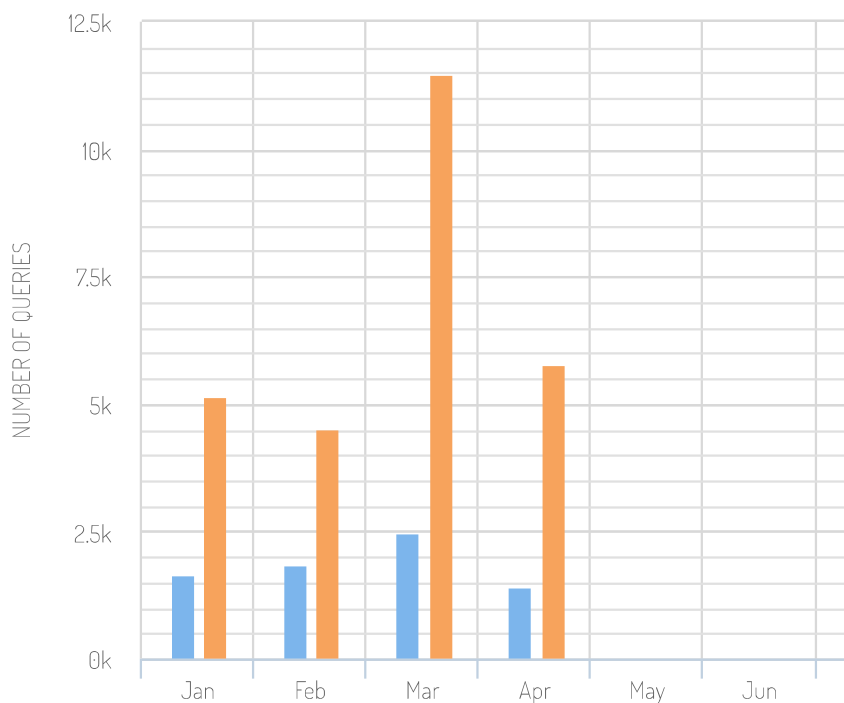
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General Information

Published:	21-02-2020
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Artikel Penelitian (Research Article)

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1-8

 Kartika Yaning Alifia, Teysar Adi Sarjana, Rina Muryani

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9–17

 Syarifah Yusra, Yudi Pranoto, Chairil Anwar, Chusnul Hidayat

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30–37

 Mochammad Sriduresta Soenarno, Irma Isnafia Arief, Cece Sumantri, Epi Taufik, Lilis Nuraida

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38–42

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 Received: 28 Oct 2019; Revised: 14 Feb 2020; Accepted: 15 Feb 2020; Published: 21 Feb 2020; Available online: 19 Feb 2020.

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Pengaruh Pembatasan Asupan Makan Wanita Obesitas Pre-Menopause Terhadap Kadar Triglisierida Dan Status Resistensi Insulin

***Fika Shafiana Nadia** (<https://scholar.google.com/scholar?q=Fika+Shafiana+Nadia>) - Magister Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang, Indonesia

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Received: 29 May 2019; Revised: 8 Feb 2020; Accepted: 8 Feb 2020; Published: 21 Feb 2020; Available online: 9 Feb 2020.

DOI: <https://doi.org/10.17728/jatp.5028> (<https://doi.org/10.17728/jatp.5028>)

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How to cite (IEEE): F. Nadia, D. Wati, M. Isnawati, M. Sulchan, and D. Afifah, "Pengaruh Pembatasan Asupan Makan Wanita Obesitas Pre-Menopause Terhadap Kadar Triglisierida Dan Status Resistensi Insulin," *Jurnal Aplikasi Teknologi Pangan*, vol. 9, no. 1, pp. 18–24, Feb. 2020.

<https://doi.org/10.17728/jatp.5028> (<https://doi.org/10.17728/jatp.5028>)

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Abstract

Penelitian ini bertujuan untuk mengetahui pengaruh pembatasan makanan terhadap kadar trigliserida dan status resistensi insulin pada wanita obesitas pre-menopause dengan menggambarkan karakteristik responden berdasarkan usia dan aktivitas fisik. Rancangan penelitian *pre-post randomized control group design* pada 20 orang wanita obesitas pre-menopause yang diberikan perlakuan pembatasan asupan makan isokalori 30 kkal/kgBB/hari. Uji Indeks Massa Tubuh atau IMT, asupan makan, kadar trigliserida dan status resistensi insulin sebelum dan sesudah perlakuan dilakukan dengan menggunakan uji *paired samples test*. Hasil penelitian menunjukkan bahwa terdapat perbedaan signifikan terhadap IMT; asupan energi; asupan protein; asupan lemak; kadar trigliserida, dan status resistensi insulin namun tidak terdapat perbedaan signifikan terhadap asupan karbohidrat sebelum dan sesudah perlakuan. Kesimpulannya, pembatasan asupan berpengaruh terhadap penurunan kadar trigliserida dan status resistensi insulin.

Restriction effect on Eating Intake of Pre-Menopausal Obese Women against Triglyceride Levels dan Insulin Resistance Status

Abstract

This study aims to determine the influence of food restriction on triglyceride levels and insulin resistance status in pre-menopause obese women by describing the characteristics of respondents based on age and physical activity. Pre-post randomized control group design was used as experimental study using 20 pre-menopause obese women. The participants received the restriction of their intake as 30 kcal/kgW/day. The Body Mass Index or BMI, food intake, triglyceride levels and insulin resistance were tested before dan after the treatment using test paired samples test. The results showed that there was significant differences on BMI; energy intake; protein intake; fat intake; triglyceride levels, dan insulin-resistance status but there was no significant difference on carbohydrate intake at before and after treatment. The study concluded that intake restriction resulted in the decrement of triglyceride levels and insulin resistance status.

Note: This article has supplementary file(s).

Keywords: isokalori; asupan makan; obesitas; kadar trigliserida; status resistensi insulin; isocalori; food intake; obesity; triglyceride levels; insulin resistance;

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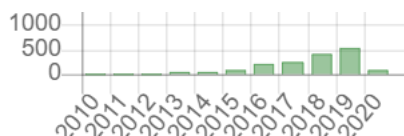
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