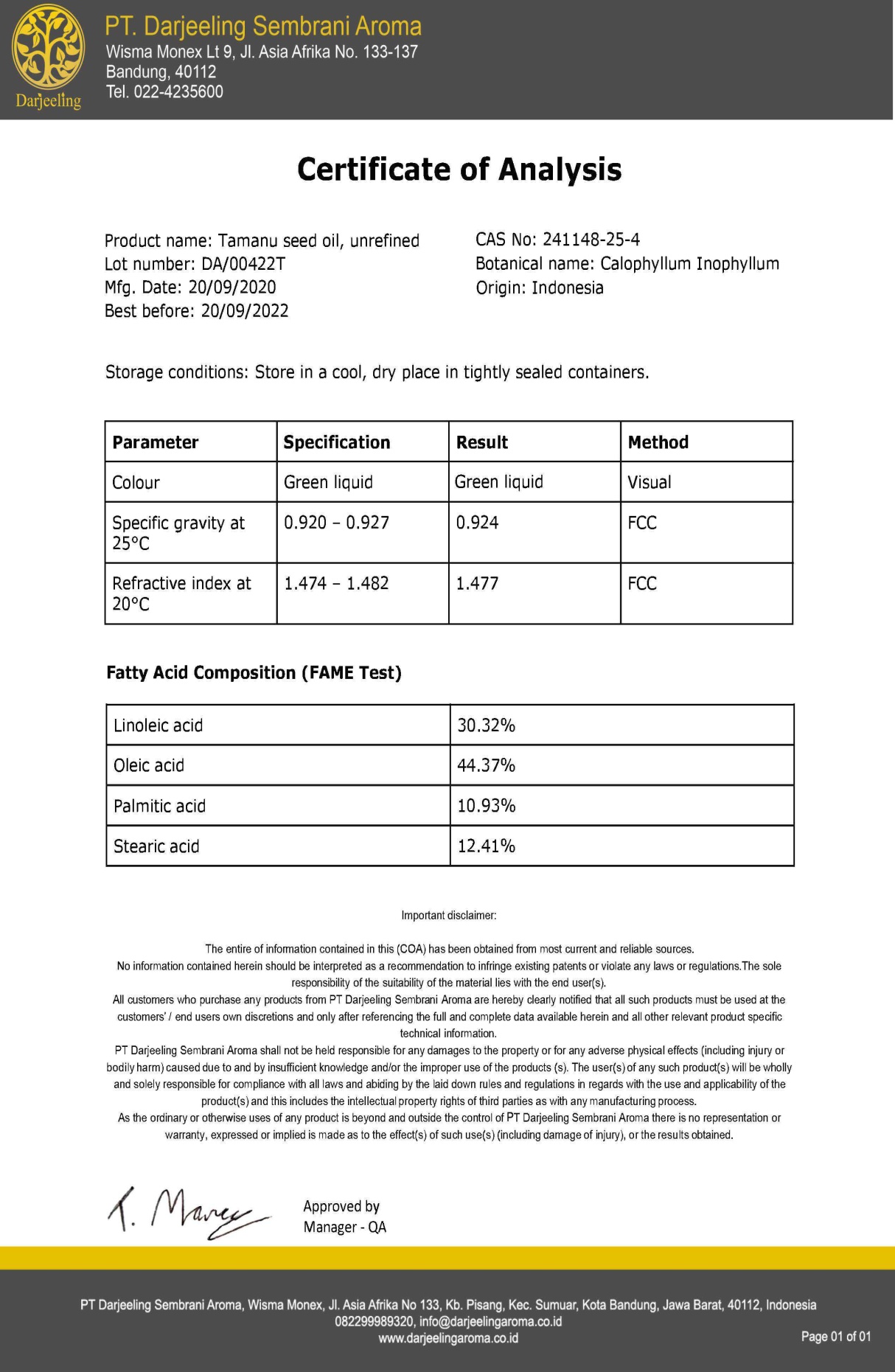
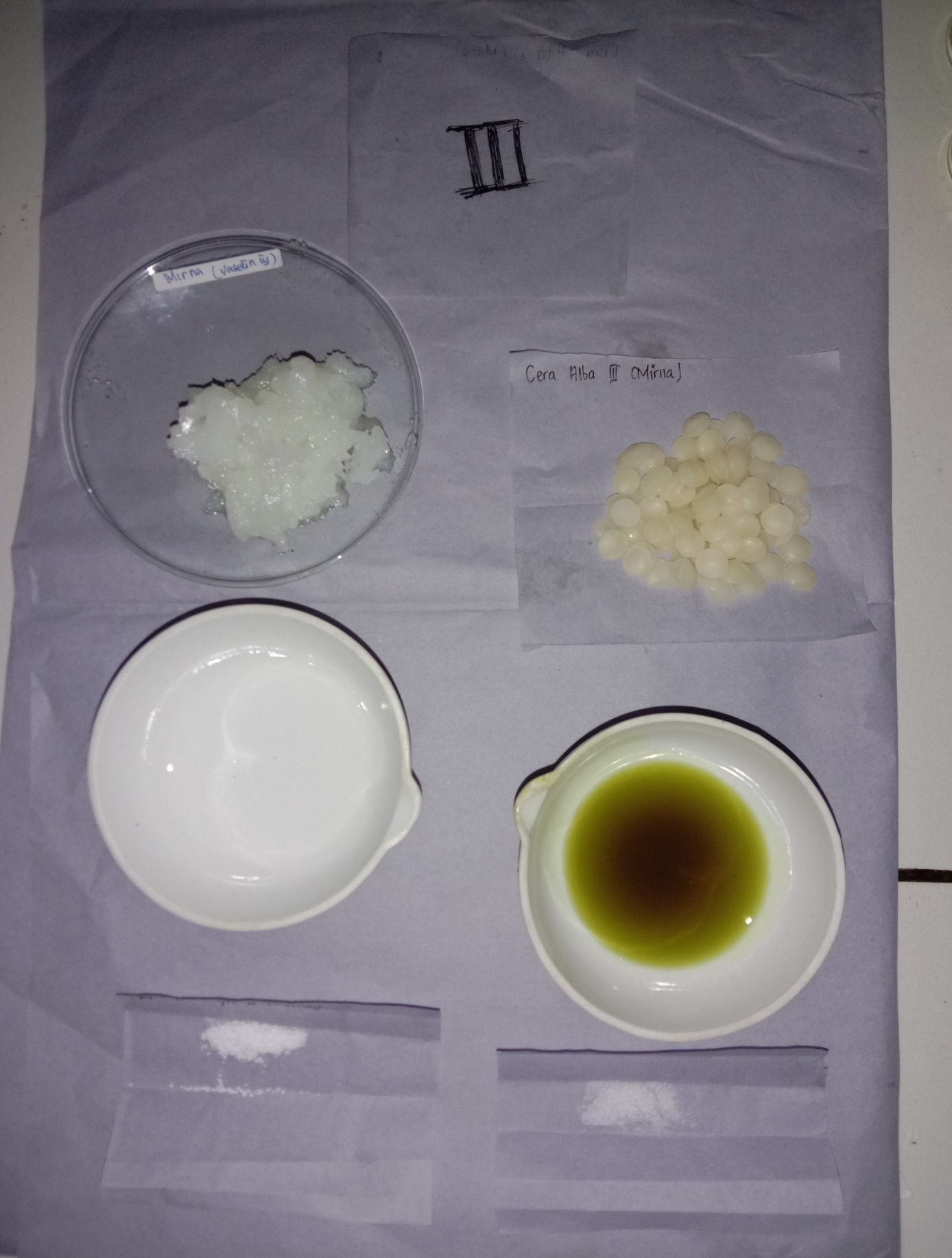
**Lampiran 1** *Certificate of Analysis* (COA) Minyak Nyamplung

****

**Lampiran 2** Minyak Nyamplung



Kemasan minyak nyamplung



Minyak nyamplung

**Lampiran 3** Bagan Alir Kerja (*Flowsheet*) Pembuatan sediaan *skin balm*

Jumlah masing-masing bahan

Cawan Penguap I

Cawan penguap II

Massa 1

Massa 2

Cawan Penguap III

Wadah sediaan *skin balm*

Sediaan *skin balm* minyak nyamplung

Dimasukkan Vaselin Album

Dimasukkan parafin liquidum

Dimasukkan cera alba

Dimasukkan BHT dan Na. Bisulfit

Diletakkan di penangas air sampai melebur sempurna

Minyak Nyamplung

Dimasukkan massa 2 ke massa 1

Campuran massa diaduk homogen

Didiamkan pada suhu ruang hingga membeku

Timbangan/ Neraca Analitik

Ditimbang seluruh bahan

Dituangkan massa ke dalam wadah

**Lampiran 4** Perhitungan Formula sediaan *skin balm*

**Formula F0 (blanko) sediaan tanpa Minyak Nyamplung**

* Paraffin liquidum = = 20 g
* Cera alba = = 15 g
* BHT = = 0,1 g
* Natrium metabisulfit = = 0,1 g
* Vaselin album ad 100 = 100-(20+15+0,1+0,1)g = 64,8 g

**Formula F1 yaitu sediaan menggunakan minyak nyamplung 14%**

* Paraffin liquidum = = 20 g
* Cera alba = = 15 g
* BHT = = 0,1 g
* Natrium metabisulfit = = 0,1 g
* Minyak Nyamplung = = 14 g
* Vaselin album ad 100 = 100- (20+15+0,1+0,1+14)g = 50,8 g

**Formula F2 yaitu sediaan menggunakan minyak nyamplung 17%**

* Paraffin liquidum = = 20 g
* Cera alba = = 15 g
* BHT = = 0,1 g
* Natrium metabisulfit = = 0,1 g
* Minyak Nyamplung = = 17 g
* Vaselin album ad 100 = 100-(20+15+0,1+0,1+17)g = 47,8 g

**Lampiran 5** Hasil Sedian *Skin Balm* Minyak Nyamplung



Sediaan *skin balm* minyak nyamplungkonsentrasi 0%



Sediaan *skin balm* minyak nyamplungkonsentrasi 14%



Sediaan *skin balm* minyak nyamplungkonsentrasi 17%

**Lampiran 6** Hasil Nilai pH Sediaan *Skin Balm* Selama 4 Minggu Dengan 6 Kali Pengulangan

|  |  |  |  |
| --- | --- | --- | --- |
| **pH Minggu Ke-0** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,3 | 5,2 |
| 2 | 5,4 | 5,3 | 5,3 |
| 3 | 5,5 | 5,2 | 5,3 |
| 4 | 5,5 | 5,4 | 5,1 |
| 5 | 5,6 | 5,3 | 5,2 |
| 6 | 5,4 | 5,2 | 5,2 |
|  | 5,5 ± 0,08 | 5,3 ± 0,08 | 5,2 ± 0,08 |

|  |  |  |  |
| --- | --- | --- | --- |
| **pH Minggu ke-1** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,7 | 5,5 | 5,1 |
| 2 | 5,5 | 5,4 | 5,1 |
| 3 | 5,5 | 5,4 | 5,0 |
| 4 | 5,6 | 5,5 | 5,2 |
| 5 | 5,5 | 5,3 | 5,1 |
| 6 | 5.6 | 5,3 | 5,2 |
|  | 5,6 ± 0,08 | 5,4 ± 0,09 | 5,1 ± 0,08 |

|  |  |  |  |
| --- | --- | --- | --- |
| **pH Minggu ke-2** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,4 | 5,3 | 5,1 |
| 2 | 5,5 | 5,3 | 5,1 |
| 3 | 5,4 | 5,4 | 4,9 |
| 4 | 5,6 | 5,3 | 5,1 |
| 5 | 5,6 | 5,3 | 5,0 |
| 6 | 5,4 | 5,4 | 5,0 |
|  | 5,5 ± 0,10 | 5,3 ± 0,05 | 5,0 ± 0,08 |

**Lampiran 6** (Lanjutan)

|  |  |  |  |
| --- | --- | --- | --- |
| **pH Minggu ke-3** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,3 | 5,0 |
| 2 | 5,4 | 5,4 | 4,9 |
| 3 | 5,6 | 5,4 | 5,2 |
| 4 | 5,6 | 5,3 | 5,0 |
| 5 | 5,5 | 5,3 | 5,2 |
| 6 | 5,6 | 5,2 | 4,9 |
|  | 5,5 ± 0,08 | 5,3 ± 0,08 | 5,0 ± 0,14 |

|  |  |  |  |
| --- | --- | --- | --- |
| **pH Minggu ke-4** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,4 | 5,2 |
| 2 | 5,6 | 5,4 | 5,2 |
| 3 | 5,6 | 5,3 | 5,1 |
| 4 | 5,5 | 5,3 | 5,1 |
| 5 | 5,5 | 5,5 | 5,1 |
| 6 | 5,4 | 5,4 | 5,0 |
|  | 5,5 ± 0,08 | 5,4 ± 0,08 | 5,1 ± 0,08 |

**Lampiran 7** Hasil Pemeriksaan Daya Sebar Sediaan *Skin Balm* Selama 4 Minggu Dengan 6 Kali Pengulangan

|  |  |  |  |
| --- | --- | --- | --- |
| **Daya Sebar Minggu Ke-0** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5.4 | 5.3 | 5.5 |
| 2 | 5.3 | 5.7 | 5.4 |
| 3 | 5.2 | 5.4 | 5.3 |
| 4 | 5.5 | 5.3 | 5.4 |
| 5 | 5.5 | 5.3 | 5.6 |
| 6 | 5.3 | 5.6 | 5.5 |
|  | 5.4 ± 0.12 | 5.4 ± 0.18 | 5.5 ± 0.1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Daya Sebar Minggu Ke-1** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5.2 | 5.5 | 5.5 |
| 2 | 5.4 | 5.7 | 5.6 |
| 3 | 5.6 | 5.6 | 5.6 |
| 4 | 5.4 | 5.2 | 5.7 |
| 5 | 5.3 | 5.7 | 5.5 |
| 6 | 5.5 | 5.4 | 5.4 |
|  | 5.4 ± 0.14 | 5.5 ± 0.19 | 5.6 ± 0.1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Daya Sebar Minggu Ke-2** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5.5 | 5.7 | 5.5 |
| 2 | 5.6 | 5.7 | 5.7 |
| 3 | 5.4 | 5.5 | 5.4 |
| 4 | 5.4 | 5.3 | 5.5 |
| 5 | 5.5 | 5.2 | 5.6 |
| 6 | 5.6 | 5.6 | 5.5 |
|  | 5.5 ± 0.09 | 5.5 ± 0.21 | 5.5 ± 0.1 |

**Lampiran 7** (Lanjutan)

|  |  |  |  |
| --- | --- | --- | --- |
| **Daya Sebar Minggu Ke-3** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5.4 | 5.6 | 5.7 |
| 2 | 5.5 | 5.4 | 5.6 |
| 3 | 5.5 | 5.7 | 5.5 |
| 4 | 5.4 | 5.6 | 5.3 |
| 5 | 5.4 | 5.5 | 5.5 |
| 6 | 5.6 | 5.3 | 5.2 |
|  | 5.5 ± 0.08 | 5.5 ± 0.15 | 5.5 ± 0.19 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Daya Sebar Minggu Ke-4** | | | |
| **No** | **Formula** | | |
| **F0** | **F1** | **F2** |
| 1 | 5.4 | 5.3 | 5.6 |
| 2 | 5.2 | 5.7 | 5.7 |
| 3 | 5.3 | 5.4 | 5.4 |
| 4 | 5.4 | 5.6 | 5.4 |
| 5 | 5.5 | 5.7 | 5.6 |
| 6 | 5.5 | 5.7 | 5.7 |
|  | 5.4 ± 0.12 | 5.6 ± 0.18 | 5.6 ± 0.14 |

**Lampiran 8** Bagan Alir Kerja (*Flowsheet*) Uji Efektivitas Kelembaban Kulit

Selisih nilai kelembaban dibandingkan kelembaban awal

Hasil Rata – Rata Persentase Peningkatan Kelembaban Kulit

Hasil Analisis Data Kelembaban Kulit dengan Program SPSS

Diamati kondisi kulit

Menjelaskan tentang penelitian

Menanyakan apakah bersedia menjadi sukarelawan

Mengisi surat pernyataan bersedia menjadi sukarelawan

Diukur nilai kelembaban kulit

Diukur selama 4 minggu

Nilai Kelembaban Kulit

Nilai Kelembaban Kulit Minggu 4

Nilai Kelembaban Kulit Minggu 3

Nilai Kelembaban Kulit Minggu 2

Nilai Kelembaban Kulit Minggu 1

Sukarelawan

Nilai Kelembaban Kulit Minggu 0

Analisis data

Data kelembaban kulit dianalisi dengan program SPSS

**Lampiran 9** Surat Pernyataan Bersedia Menjadi Sukarelawan

**SURAT PERNYATAAN**

Saya yang bertanda tangan di bawah ini:

Nama :

Umur :

Jenis Kelamin :

Alamat :

Telah mendapat penjelasan secukupnya bahwa kaki saya akan digunakan sebagai daerah yang akan diuji. Setelah mendapat penjelasan secukupnya tentang manfaat penelitian ini maka saya menyatakan **SETUJU** untuk ikut serta dalam penelitian Mirna Riama Siahaan dengan judul “Uji Efektivitas Sediaan Pelembab Minyak Nyamplung (*Calophyllum inophyllum* L.) Terhadap *Xerosis* Pada Tumit Kaki”. Saya bersedia untuk mengikuti prosedur penelitian yang telah diterapkan.

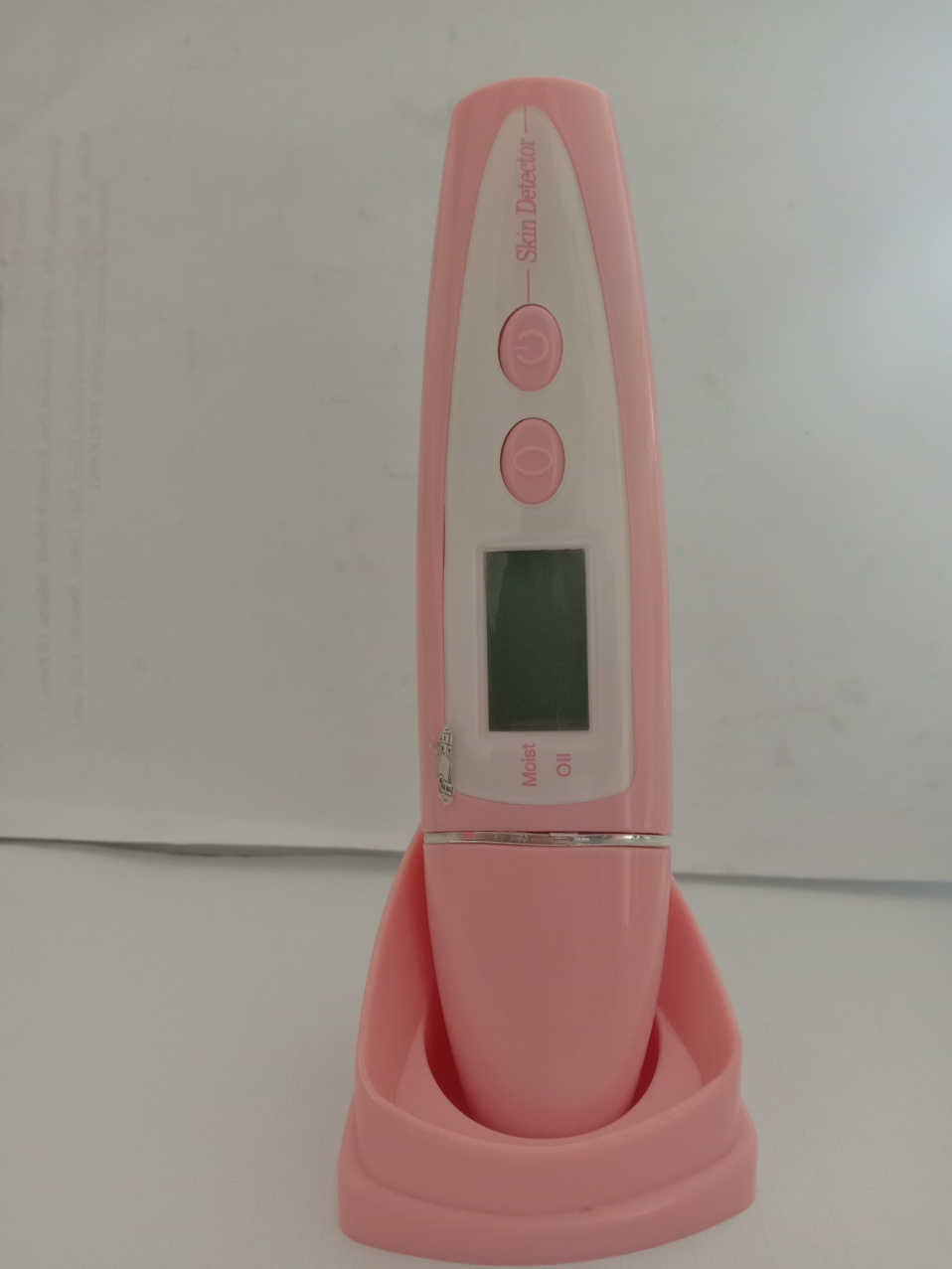
Persetujuan ini saya buat dengan penuh kesadaran dan tanpa paksaan dari pihak manapun. Demikian surat pernyataan ini dibuat untuk dapat dipergunakan sebagaimana mestinya.

Medan, Februari 2021

Sukarelawan Peneliti

(..............................) (Mirna Riama Siahaan)

**Lampiran 10** Alat Yang Digunakan Untuk Mengukur Kelembaban Kulit (*Skin Detector*)



Alat *skin detector*

**Lampiran 11** Perubahan Kaki Sukarelawan Selama Pemakaian *Skin Balm*

Blanko



Minggu 4

Minggu 2

Minggu 0

F1

Minggu 4

Minggu 2

Minggu 0

**Lampiran 11** (Lanjutan)

Minggu 0

Minggu 2

Minggu 4

**Lampiran 12** Hasil Efektivitas Kelembaban Kulit Selama 4 Minggu

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Data Kelembaban Kulit (%)** | | | | | | |
| **NO** | **Formula** | **MINGGU 0** | **MINGGU 1** | **MINGGU 2** | **MINGGU 3** | **MINGGU 4** |
| 1 | F0 | 23.1 | 23.8 | 24.3 | 25.4 | 26.6 |
| 2 | F0 | 22.4 | 23.1 | 23.8 | 24.5 | 25.8 |
| 3 | F0 | 25.6 | 26.1 | 26.6 | 27.4 | 29.6 |
| 4 | F0 | 24.4 | 25.3 | 25.9 | 26.2 | 28.0 |
| 5 | F0 | 26.4 | 27.0 | 28.1 | 28.7 | 30.5 |
| 6 | F0 | 24.9 | 25.3 | 26.6 | 27.3 | 28.5 |
| 7 | F1 | 27.2 | 28.0 | 29.6 | 34.9 | 38.5 |
| 8 | F1 | 23.5 | 24.8 | 26.9 | 31.5 | 35.9 |
| 9 | F1 | 24.0 | 24.7 | 25.4 | 30.4 | 36.6 |
| 10 | F1 | 25.6 | 26.8 | 31.0 | 34.1 | 37.7 |
| 11 | F1 | 26.1 | 26.6 | 29.9 | 35.3 | 39.8 |
| 12 | F1 | 25.8 | 26.4 | 28.0 | 32.7 | 39.3 |
| 13 | F2 | 25.3 | 26.1 | 28.9 | 34.9 | 42.1 |
| 14 | F2 | 24.9 | 25.6 | 30.6 | 33.4 | 41.5 |
| 15 | F2 | 27.4 | 28.9 | 35.3 | 40.2 | 45.5 |
| 16 | F2 | 23.0 | 23.8 | 26.4 | 32.6 | 38.1 |
| 17 | F2 | 24.5 | 25.1 | 28.2 | 34.8 | 40.9 |
| 18 | F2 | 26.4 | 27.2 | 30.1 | 37.4 | 44.6 |

**Lampiran 13** Hasil Analisa Statistik Data Kelembaban Dengan Uji Anova

| **Tests of Normality** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | FORMULA | Kolmogorov-Smirnova | | | Shapiro-Wilk | | |
|  | Statistic | df | Sig. | Statistic | df | Sig. |
| MINGGU 0 | F0 | .151 | 6 | .200\* | .970 | 6 | .889 |
| F1 | .234 | 6 | .200\* | .939 | 6 | .654 |
| F2 | .154 | 6 | .200\* | .987 | 6 | .981 |
| MINGGU 1 | F0 | .222 | 6 | .200\* | .958 | 6 | .803 |
| F1 | .224 | 6 | .200\* | .911 | 6 | .442 |
| F2 | .170 | 6 | .200\* | .982 | 6 | .962 |
| MINGGU 2 | F0 | .173 | 6 | .200\* | .943 | 6 | .681 |
| F1 | .206 | 6 | .200\* | .962 | 6 | .838 |
| F2 | .244 | 6 | .200\* | .923 | 6 | .524 |
| MINGGU 3 | F0 | .181 | 6 | .200\* | .977 | 6 | .936 |
| F1 | .187 | 6 | .200\* | .937 | 6 | .638 |
| F2 | .258 | 6 | .200\* | .920 | 6 | .508 |
| MINGGU 4 | F0 | .145 | 6 | .200\* | .973 | 6 | .914 |
| F1 | .148 | 6 | .200\* | .957 | 6 | .794 |
| F2 | .169 | 6 | .200\* | .961 | 6 | .827 |
| a. Lilliefors Significance Correction | | | | | | | |
| \*. This is a lower bound of the true significance. | | | | | | | |

**Lampiran 13** (Lanjutan)

| **Descriptives** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Minimum | Maximum |
|  |  | Lower Bound | Upper Bound |
| MINGGU 0 | F0 | 6 | 24.467 | 1.5069 | .6152 | 22.885 | 26.048 | 22.4 | 26.4 |
| F1 | 6 | 25.367 | 1.3779 | .5625 | 23.921 | 26.813 | 23.5 | 27.2 |
| F2 | 6 | 25.250 | 1.5294 | .6244 | 23.645 | 26.855 | 23.0 | 27.4 |
| Total | 18 | 25.028 | 1.4434 | .3402 | 24.310 | 25.746 | 22.4 | 27.4 |
| MINGGU 1 | F0 | 6 | 25.100 | 1.4408 | .5882 | 23.588 | 26.612 | 23.1 | 27.0 |
| F1 | 6 | 26.217 | 1.2656 | .5167 | 24.889 | 27.545 | 24.7 | 28.0 |
| F2 | 6 | 26.117 | 1.7657 | .7208 | 24.264 | 27.970 | 23.8 | 28.9 |
| Total | 18 | 25.811 | 1.5060 | .3550 | 25.062 | 26.560 | 23.1 | 28.9 |
| MINGGU 2 | F0 | 6 | 25.883 | 1.5993 | .6529 | 24.205 | 27.562 | 23.8 | 28.1 |
| F1 | 6 | 28.467 | 2.0897 | .8531 | 26.274 | 30.660 | 25.4 | 31.0 |
| F2 | 6 | 29.917 | 3.0275 | 1.2360 | 26.740 | 33.094 | 26.4 | 35.3 |
| Total | 18 | 28.089 | 2.7710 | .6531 | 26.711 | 29.467 | 23.8 | 35.3 |
| MINGGU 3 | F0 | 6 | 26.583 | 1.5198 | .6204 | 24.988 | 28.178 | 24.5 | 28.7 |
| F1 | 6 | 33.150 | 1.9532 | .7974 | 31.100 | 35.200 | 30.4 | 35.3 |
| F2 | 6 | 35.550 | 2.8055 | 1.1454 | 32.606 | 38.494 | 32.6 | 40.2 |
| Total | 18 | 31.761 | 4.3961 | 1.0362 | 29.575 | 33.947 | 24.5 | 40.2 |
| MINGGU 4 | F0 | 6 | 28.167 | 1.7716 | .7233 | 26.307 | 30.026 | 25.8 | 30.5 |
| F1 | 6 | 37.967 | 1.5253 | .6227 | 36.366 | 39.567 | 35.9 | 39.8 |
| F2 | 6 | 42.117 | 2.6686 | 1.0895 | 39.316 | 44.917 | 38.1 | 45.5 |
| Total | 18 | 36.083 | 6.3183 | 1.4892 | 32.941 | 39.225 | 25.8 | 45.5 |

**Lampiran 13** (Lanjutan)

| **Test of Homogeneity of Variances** | | | | |
| --- | --- | --- | --- | --- |
|  | Levene Statistic | df1 | df2 | Sig. |
| MINGGU 0 | .018 | 2 | 15 | .982 |
| MINGGU 1 | .201 | 2 | 15 | .820 |
| MINGGU 2 | .596 | 2 | 15 | .564 |
| MINGGU 3 | 1.187 | 2 | 15 | .332 |
| MINGGU 4 | .676 | 2 | 15 | .523 |

| **ANOVA** | | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Sum of Squares | df | Mean Square | F | Sig. |
| MINGGU 0 | Between Groups | 2.874 | 2 | 1.437 | .662 | .530 |
| Within Groups | 32.542 | 15 | 2.169 |  |  |
| Total | 35.416 | 17 |  |  |  |
| MINGGU 1 | Between Groups | 4.581 | 2 | 2.291 | 1.011 | .387 |
| Within Groups | 33.977 | 15 | 2.265 |  |  |
| Total | 38.558 | 17 |  |  |  |
| MINGGU 2 | Between Groups | 50.088 | 2 | 25.044 | 4.669 | .027 |
| Within Groups | 80.450 | 15 | 5.363 |  |  |
| Total | 130.538 | 17 |  |  |  |
| MINGGU 3 | Between Groups | 258.564 | 2 | 129.282 | 27.712 | .000 |
| Within Groups | 69.978 | 15 | 4.665 |  |  |
| Total | 328.543 | 17 |  |  |  |
| MINGGU 4 | Between Groups | 615.730 | 2 | 307.865 | 73.377 | .000 |
| Within Groups | 62.935 | 15 | 4.196 |  |  |
| Total | 678.665 | 17 |  |  |  |

**Lampiran 13** (Lanjutan)

| **MINGGU 0** | | |
| --- | --- | --- |
| Tukey HSDa | | |
| FORMULA | N | Subset for alpha = 0.05 |
| 1 |
| F0 | 6 | 24.467 |
| F2 | 6 | 25.250 |
| F1 | 6 | 25.367 |
| Sig. |  | .553 |
| Means for groups in homogeneous subsets are displayed. | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | |

| **MINGGU 1** | | |
| --- | --- | --- |
| Tukey HSDa | | |
| FORMULA | N | Subset for alpha = 0.05 |
| 1 |
| F0 | 6 | 25.100 |
| F2 | 6 | 26.117 |
| F1 | 6 | 26.217 |
| Sig. |  | .425 |
| Means for groups in homogeneous subsets are displayed. | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | |

**Lampiran 13** (Lanjutan)

| **MINGGU 2** | | | |
| --- | --- | --- | --- |
| Tukey HSDa | | | |
| FORMULA | N | Subset for alpha = 0.05 | |
| 1 | 2 |
| F0 | 6 | 25.883 |  |
| F1 | 6 | 28.467 | 28.467 |
| F2 | 6 |  | 29.917 |
| Sig. |  | .164 | .538 |
| Means for groups in homogeneous subsets are displayed. | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | |

| **MINGGU 3** | | | |
| --- | --- | --- | --- |
| Tukey HSDa | | | |
| FORMULA | N | Subset for alpha = 0.05 | |
| 1 | 2 |
| F0 | 6 | 26.583 |  |
| F1 | 6 |  | 33.150 |
| F2 | 6 |  | 35.550 |
| Sig. |  | 1.000 | .166 |
| Means for groups in homogeneous subsets are displayed. | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | |

**Lampiran 13** (Lanjutan)

| **MINGGU 4** | | | | |
| --- | --- | --- | --- | --- |
| Tukey HSDa | | | | |
| FORMULA | N | Subset for alpha = 0.05 | | |
| 1 | 2 | 3 |
| F0 | 6 | 28.167 |  |  |
| F1 | 6 |  | 37.967 |  |
| F2 | 6 |  |  | 42.117 |
| Sig. |  | 1.000 | 1.000 | 1.000 |
| Means for groups in homogeneous subsets are displayed. | | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | | |

**Lampiran 14** Produk Sediaan *Skin Balm* Minyak Nyamplung

