**Lampiran 1.** Bagan Alir Kerja (*Flowsheet*) Pembuatan sediaan *skin balm.*

Timbangan/ Neraca Analitik

Ditimbang seluruh bahan

Jumlah masing-masing bahan

Cawan penguap II

Cawan Penguap I

Dimasukkan Vaselin Album

Dimasukkan parafin liquidum

Minyak Sapi

Dimasukkan cera alba

Dimasukkan BHT dan Na. Bisulfit

Diletakkan di penangas air sampai melebur sempurna

Massa 2

Massa 1

Cawan Penguap III

Dimasukkan massa 2 ke massa 1

Campuran massa diaduk homogen

Dituangkan massa ke dalam wadah

Wadah sediaan *skin balm*

Didiamkan pada suhu ruang hingga membeku

Sediaan *skin balm* minyak sapi

**Lampiran 2.** Minyak Sapi

****

****

**Lampiran 3.** Perhitungan Formula Sediaan *Skin Balm*

**Forrmula F0 (blanko) sediaan tanpa Minyak Sapi**

* 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

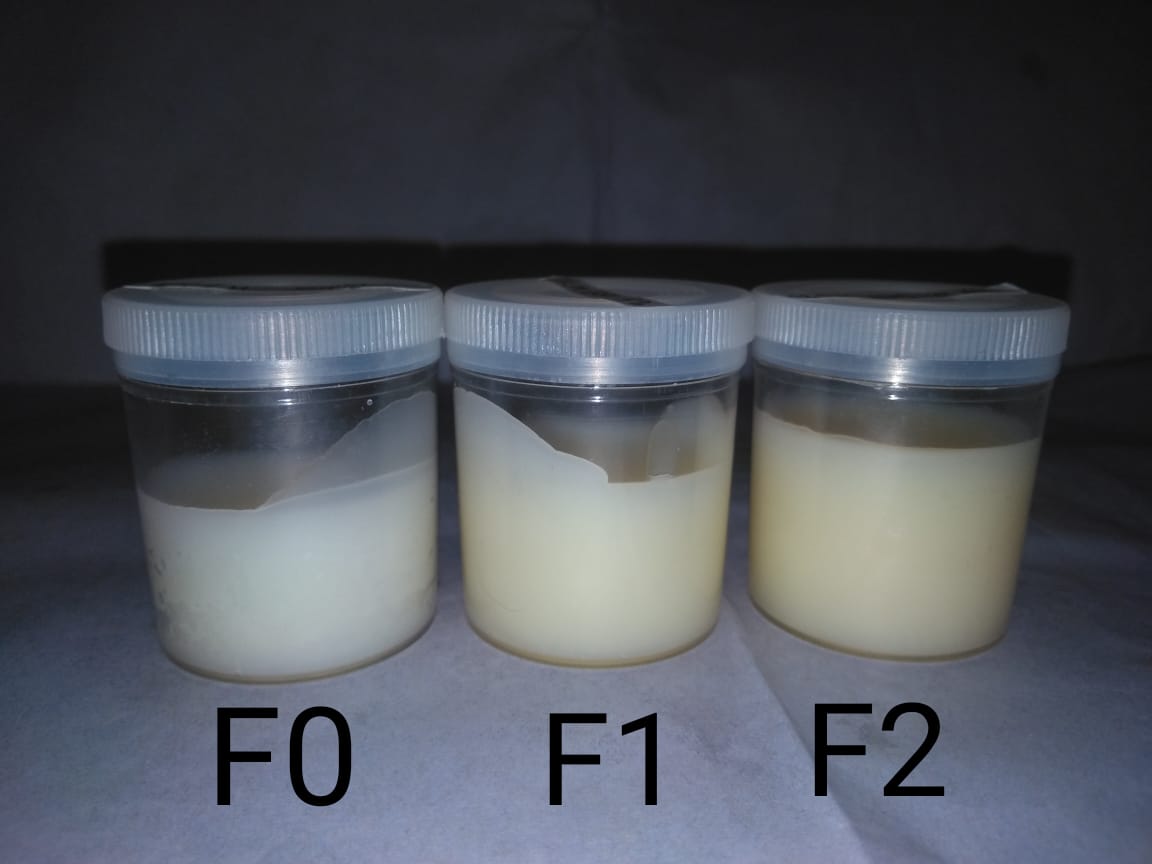
**Formula F1 yaitu sediaan menggunakan minyak sapi 14%**

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

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

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

**Lampiran 4.** Hasil Sediaan *Skin Balm*



Keterangan : F0 : Sediaan *skin balm* tanpa Minyak Sapi

F1 : Sediaan *skin balm* konsentrasi Minyak Sapi 14%

F2 : Sediaan *skin balm* konsentrasi Minyak Sapi 17%

**Lampiran 5.** Hasil Nilai pH Selama 4 Minggu Dengan 6 Kali Pengulangan

|  |  |  |  |
| --- | --- | --- | --- |
| **Data pH Minggu Ke-0** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,3 | 5,2 |
| 2 | 5,4 | 5,3 | 5,3 |
| 3 | 5,4 | 5,2 | 5,2 |
| 4 | 5,5 | 5,3 | 5,3 |
| 5 | 5,5 | 5,3 | 5,2 |
| 6 | 5,4 | 5,2 | 5,3 |
|  | 5,5 ± 0,05 | 5,3 ± 0,05 | 5,2 ± 0,05 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Data pH Minggu ke-1** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,6 | 5,4 | 5,3 |
| 2 | 5,5 | 5,3 | 5,2 |
| 3 | 5,4 | 5,2 | 5,2 |
| 4 | 5,4 | 5,2 | 5,3 |
| 5 | 5,4 | 5,3 | 5,3 |
| 6 | 5,5 | 5,3 | 5,2 |
|  | 5,6 ± 0,08 | 5,4 ± 0,07 | 5,3 ± 0,05 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Data pH Minggu Ke-2** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,4 | 5,2 |
| 2 | 5,4 | 5,3 | 5,3 |
| 3 | 5,4 | 5,2 | 5,3 |
| 4 | 5,6 | 5,2 | 5,2 |
| 5 | 5,4 | 5,3 | 5,3 |
| 6 | 5,5 | 5,3 | 5,2 |
|  | 5,5 ± 0,08 | 5,4 ± 0,07 | 5,2 ± 0,05 |

**Lampiran 5. (**Lanjutan)

|  |  |  |  |
| --- | --- | --- | --- |
| **Data pH Minggu Ke-3** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,3 | 5,3 |
| 2 | 5,4 | 5,3 | 5,2 |
| 3 | 5,5 | 5,2 | 5,2 |
| 4 | 5,4 | 5,2 | 5,3 |
| 5 | 5,4 | 5,3 | 5,3 |
| 6 | 5,5 | 5,2 | 5,2 |
|  | 5,5 ± 0,05 | 5,3 ± 0,05 | 5,2 ± 0,05 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Data pH Minggu Ke-4** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,6 | 5,3 | 5,3 |
| 2 | 5,4 | 5,2 | 5,2 |
| 3 | 5,5 | 5,3 | 5,2 |
| 4 | 5,4 | 5,3 | 5,3 |
| 5 | 5,5 | 5,2 | 5,2 |
| 6 | 5,4 | 5,2 | 5,2 |
|  | 5,6 ± 0,08 | 5,3 ± 0,05 | 5,3 ± 0,05 |

**Lampiran 6.** Hasil Pemeriksaan Daya Sebar Selama 4 Minggu Dengan 6 Kali Pengulangan

|  |  |  |  |
| --- | --- | --- | --- |
| **Data Daya Sebar Minggu Ke-0** | | | |
| **NO** | **FORMULA** | | |
| **F1** | **F2** | **F3** |
| 1 | 5,5 | 5,3 | 5,4 |
| 2 | 5,6 | 5,4 | 5,3 |
| 3 | 5,4 | 5,5 | 5,5 |
| 4 | 5,3 | 5,6 | 5,7 |
| 5 | 5,3 | 5,6 | 5,6 |
| 6 | 5,4 | 5,3 | 5,4 |
|  | 5,5±0,11 | 5,3±0,13 | 5,4±0,14 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Data Daya Sebar Minggu Ke-1** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,4 | 5,5 | 5,6 |
| 2 | 5,6 | 5,7 | 5,3 |
| 3 | 5,3 | 5,4 | 5,4 |
| 4 | 5,6 | 5,5 | 5,7 |
| 5 | 5,5 | 5,6 | 5,7 |
| 6 | 5,3 | 5,3 | 5,5 |
|  | 5,4±0,13 | 5,5±0,14 | 5,6±0,16 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Data Daya Sebar Minggu Ke-2** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,5 | 5,5 |
| 2 | 5,3 | 5,6 | 5,7 |
| 3 | 5,6 | 5,4 | 5,5 |
| 4 | 5,4 | 5,3 | 5,4 |
| 5 | 5,3 | 5,7 | 5,5 |
| 6 | 5,4 | 5,4 | 5,4 |
|  | 5,5±0,11 | 5,5±0,14 | 5,5±0,10 |

**Lampiran 6.** (Lanjutan)

|  |  |  |  |
| --- | --- | --- | --- |
| **Data Daya Sebar Minggu Ke-3** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,5 | 5,5 | 5,5 |
| 2 | 5,5 | 5,6 | 5,7 |
| 3 | 5,4 | 5,5 | 5,6 |
| 4 | 5,3 | 5,7 | 5,7 |
| 5 | 5,6 | 5,4 | 5,6 |
| 6 | 5,3 | 5,3 | 5,4 |
|  | 5,5±0,12 | 5,5±0,14 | 5,5±0,11 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Data Daya Sebar Minggu Ke-4** | | | |
| **NO** | **FORMULA** | | |
| **F0** | **F1** | **F2** |
| 1 | 5,4 | 5,6 | 5,6 |
| 2 | 5,3 | 5,7 | 5,7 |
| 3 | 5,4 | 5,5 | 5,3 |
| 4 | 5,6 | 5,4 | 5,4 |
| 5 | 5,3 | 5,3 | 5,3 |
| 6 | 5,5 | 5,5 | 5,5 |
|  | 5,4±0,11 | 5,6±0,14 | 5,6±0,16 |

**Lampiran 7.** Bagan Alir Kerja (*Flowsheet*) Uji Efektivitas Kelembapan

Sukarelawan

* Diamati kondisi kulit
* Menjelaskan tentang penelitian
* Menanyakan apakah bersedia menjadi sukarelawan
* Mengisi surat pernyataan bersedia menjadi sukarelawan
* Diukur nilai kelembapan kulit
* Sediaan diberikan kepada Sukarelawan

Nilai Kelembapan Kulit

* Diukur selama 4 minggu

Nilai Kelembapan Kulit Minggu 4

Nilai Kelembapan Kulit Minggu 3

Nilai Kelembapan Kulit Minggu 2

Nilai Kelembapan Kulit Minggu 1

Nilai Kelembapan Kulit Minggu 0

* Analisis data
* Data kelembapan kulit dianalisi dengan program SPSS
* Selisih nilai kelembapan dibandingkan kelembapan awal

Hasil Analisis Data Kelembapan Kulit dengan Program SPSS

Hasil Rata – Rata Persentase Peningkatan Kelembapan Kulit

**Lampiran 8.** 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 Nurulin Ginni Is Amini Siregar dengan judul “Uji Efektivitas Sediaan *Skin Balm* Minyak Sapi 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

(..............................) (Nurulin Ginni Is Amini Siregar)

**Lampiran 9.** Alat Yang Digunakan Untuk Mengukur Kelembaban (*Skin Detector*)

****

**Lampiran 10.** Perubahan Kaki Sukarelawan Selama Pemakaian *Skin Balm*

1. Blanko

Minggu 0





Minggu ke-2



Minggu ke-4

**Lampiran 10.** (Lanjutan)

1. Konsentrasi 14%



Minggu 0



Minggu ke 2



Minggu 4

**Lampiran 10.** (Lanjutan)

1. Konsentrasi 17%



Minggu 0



Minggu ke 2



Minggu ke 4

**Lampiran 11.** Hasil Kelembapan Kulit Selama 4 Minggu.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Data Kelembapan Kulit (%)** | | | | | | |
| **NO** | **Formula** | **MINGGU 0** | **MINGGU 1** | **MINGGU 2** | **MINGGU 3** | **MINGGU 4** |
| 1 | F0 | 21,7 | 22 | 23,2 | 24,2 | 25,3 |
| 2 | F0 | 20,9 | 21,3 | 22,1 | 22,9 | 23,8 |
| 3 | F0 | 22,5 | 22,8 | 23,7 | 24,7 | 25,9 |
| 4 | F0 | 20,9 | 21,3 | 22,2 | 23 | 24,2 |
| 5 | F0 | 21,7 | 22,1 | 23 | 24,1 | 25,2 |
| 6 | F0 | 24,8 | 25,2 | 26 | 26,6 | 27,9 |
| 7 | F1 | 22,5 | 29,7 | 33,9 | 35,4 | 37 |
| 8 | F1 | 26,7 | 33,4 | 36,9 | 37,9 | 39,1 |
| 9 | F1 | 31,9 | 34,8 | 36,6 | 38,4 | 40,8 |
| 10 | F1 | 29,9 | 36,2 | 37,1 | 38 | 39,2 |
| 11 | F1 | 29,8 | 37,3 | 40,5 | 40,8 | 41,8 |
| 12 | F1 | 29,2 | 34,2 | 35,9 | 38,4 | 40,6 |
| 13 | F2 | 28,6 | 39,2 | 40,3 | 40,6 | 44,1 |
| 14 | F2 | 26,2 | 38,7 | 40,3 | 41,1 | 41,6 |
| 15 | F2 | 29 | 36,8 | 40,2 | 40,7 | 45 |
| 16 | F2 | 34,2 | 39,3 | 40,6 | 41,9 | 45,4 |
| 17 | F2 | 29,7 | 37,3 | 40,1 | 42,1 | 44,1 |
| 18 | F2 | 30,3 | 39,9 | 41,7 | 42,6 | 44,3 |

**Lampiran 12.** Hasil Analisa Statistik Data Kelembapan Kulit Dengan Uji Anova

| **Tests of Normality** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | FORMULA | Kolmogorov-Smirnova | | | Shapiro-Wilk | | |
|  | Statistic | df | Sig. | Statistic | Df | Sig. |
| MINGGU 0 | F0 | .270 | 6 | .195 | .821 | 6 | .090 |
| F1 | .270 | 6 | .196 | .893 | 6 | .336 |
| F2 | .238 | 6 | .200\* | .935 | 6 | .616 |
| MINGGU 1 | F0 | .261 | 6 | .200\* | .810 | 6 | .072 |
| F1 | .205 | 6 | .200\* | .941 | 6 | .668 |
| F2 | .221 | 6 | .200\* | .906 | 6 | .411 |
| MINGGU 2 | F0 | .241 | 6 | .200\* | .853 | 6 | .167 |
| F1 | .281 | 6 | .151 | .921 | 6 | .511 |
| F2 | .319 | 6 | .056 | .734 | 6 | .014 |
| MINGGU 3 | F0 | .203 | 6 | .200\* | .899 | 6 | .366 |
| F1 | .276 | 6 | .173 | .899 | 6 | .370 |
| F2 | .188 | 6 | .200\* | .916 | 6 | .480 |
| MINGGU 4 | F0 | .194 | 6 | .200\* | .924 | 6 | .536 |
| F1 | .192 | 6 | .200\* | .950 | 6 | .737 |
| F2 | .338 | 6 | .031 | .838 | 6 | .125 |
| a. Lilliefors Significance Correction | | | | | | | |
| \*. This is a lower bound of the true significance. | | | | | | | |

**Lampiran 12.** (Lanjutan)

| **Descriptives** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Minimum | Maximum |
|  |  | Lower Bound | Upper Bound |
| MINGGU 0 | F0 | 6 | 22.083 | 1.4593 | .5958 | 20.552 | 23.615 | 20.9 | 24.8 |
| F1 | 6 | 28.333 | 3.3098 | 1.3512 | 24.860 | 31.807 | 22.5 | 31.9 |
| F2 | 6 | 29.667 | 2.6288 | 1.0732 | 26.908 | 32.425 | 26.2 | 34.2 |
| Total | 18 | 26.694 | 4.1775 | .9846 | 24.617 | 28.772 | 20.9 | 34.2 |
| MINGGU 1 | F0 | 6 | 22.450 | 1.4598 | .5960 | 20.918 | 23.982 | 21.3 | 25.2 |
| F1 | 6 | 34.267 | 2.6394 | 1.0775 | 31.497 | 37.037 | 29.7 | 37.3 |
| F2 | 6 | 38.533 | 1.2209 | .4984 | 37.252 | 39.815 | 36.8 | 39.9 |
| Total | 18 | 31.750 | 7.2191 | 1.7016 | 28.160 | 35.340 | 21.3 | 39.9 |
| MINGGU 2 | F0 | 6 | 23.367 | 1.4264 | .5823 | 21.870 | 24.864 | 22.1 | 26.0 |
| F1 | 6 | 36.817 | 2.1470 | .8765 | 34.564 | 39.070 | 33.9 | 40.5 |
| F2 | 6 | 40.533 | .5955 | .2431 | 39.908 | 41.158 | 40.1 | 41.7 |
| Total | 18 | 33.572 | 7.7225 | 1.8202 | 29.732 | 37.413 | 22.1 | 41.7 |
| MINGGU 3 | F0 | 6 | 24.250 | 1.3517 | .5518 | 22.832 | 25.668 | 22.9 | 26.6 |
| F1 | 6 | 38.150 | 1.7202 | .7023 | 36.345 | 39.955 | 35.4 | 40.8 |
| F2 | 6 | 41.500 | .8173 | .3337 | 40.642 | 42.358 | 40.6 | 42.6 |
| Total | 18 | 34.633 | 7.7886 | 1.8358 | 30.760 | 38.507 | 22.9 | 42.6 |
| MINGGU 4 | F0 | 6 | 25.383 | 1.4525 | .5930 | 23.859 | 26.908 | 23.8 | 27.9 |
| F1 | 6 | 39.750 | 1.6920 | .6908 | 37.974 | 41.526 | 37.0 | 41.8 |
| F2 | 6 | 44.083 | 1.3258 | .5412 | 42.692 | 45.475 | 41.6 | 45.4 |
| Total | 18 | 36.406 | 8.3433 | 1.9665 | 32.257 | 40.555 | 23.8 | 45.4 |

**Lampiran 12.** (Lanjutan)

| **Test of Homogeneity of Variances** | | | | |
| --- | --- | --- | --- | --- |
|  | Levene Statistic | df1 | df2 | Sig. |
| MINGGU 0 | 1.229 | 2 | 15 | .321 |
| MINGGU 1 | .991 | 2 | 15 | .394 |
| MINGGU 2 | 1.175 | 2 | 15 | .336 |
| MINGGU 3 | .229 | 2 | 15 | .798 |
| MINGGU 4 | .422 | 2 | 15 | .663 |

| **ANOVA** | | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Sum of Squares | Df | Mean Square | F | Sig. |
| MINGGU 0 | Between Groups | 196.694 | 2 | 98.347 | 14.756 | .000 |
| Within Groups | 99.975 | 15 | 6.665 |  |  |
| Total | 296.669 | 17 |  |  |  |
| MINGGU 1 | Between Groups | 833.023 | 2 | 416.512 | 118.011 | .000 |
| Within Groups | 52.942 | 15 | 3.529 |  |  |
| Total | 885.965 | 17 |  |  |  |
| MINGGU 2 | Between Groups | 978.821 | 2 | 489.411 | 209.777 | .000 |
| Within Groups | 34.995 | 15 | 2.333 |  |  |
| Total | 1013.816 | 17 |  |  |  |
| MINGGU 3 | Between Groups | 1003.990 | 2 | 501.995 | 276.125 | .000 |
| Within Groups | 27.270 | 15 | 1.818 |  |  |
| Total | 1031.260 | 17 |  |  |  |
| MINGGU 4 | Between Groups | 1149.738 | 2 | 574.869 | 256.244 | .000 |
| Within Groups | 33.652 | 15 | 2.243 |  |  |
| Total | 1183.389 | 17 |  |  |  |

**Lampiran 12.** (Lanjutan)

| **MINGGU 0** | | | | | |
| --- | --- | --- | --- | --- | --- |
| Tukey HSDa | | | | | |
| FORMULA | N | Subset for alpha = 0.05 | | | |
| 1 | | 2 | |
| F0 | 6 | 22.083 | |  | |
| F1 | 6 |  | | 28.333 | |
| F2 | 6 |  | | 29.667 | |
| Sig. |  | 1.000 | | .652 | |
| 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 | 2 | | 3 | |
| F0 | 6 | 22.450 |  | |  | |
| F1 | 6 |  | 34.267 | |  | |
| F2 | 6 |  |  | | 38.533 | |
| Sig. |  | 1.000 | 1.000 | | 1.000 | |
| Means for groups in homogeneous subsets are displayed. | | | | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | | | | |
| **MINGGU 2** | | | | | | |
| Tukey HSDa | | | | | | |
| FORMULA | N | Subset for alpha = 0.05 | | | | |
| 1 | 2 | | 3 | |
| F0 | 6 | 23.367 |  | |  | |
| F1 | 6 |  | 36.817 | |  | |
| F2 | 6 |  |  | | 40.533 | |
| Sig. |  | 1.000 | 1.000 | | 1.000 | |
| Means for groups in homogeneous subsets are displayed. | | | | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | | | | |

**Lampiran 12.** (Lanjutan)

| **MINGGU 3** | | | | |
| --- | --- | --- | --- | --- |
| Tukey HSDa | | | | |
| FORMULA | N | Subset for alpha = 0.05 | | |
| 1 | 2 | 3 |
| F0 | 6 | 24.250 |  |  |
| F1 | 6 |  | 38.150 |  |
| F2 | 6 |  |  | 41.500 |
| Sig. |  | 1.000 | 1.000 | 1.000 |
| Means for groups in homogeneous subsets are displayed. | | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | | |

| **MINGGU 4** | | | | |
| --- | --- | --- | --- | --- |
| Tukey HSDa | | | | |
| FORMULA | N | Subset for alpha = 0.05 | | |
| 1 | 2 | 3 |
| F0 | 6 | 25.383 |  |  |
| F1 | 6 |  | 39.750 |  |
| F2 | 6 |  |  | 44.083 |
| Sig. |  | 1.000 | 1.000 | 1.000 |
| Means for groups in homogeneous subsets are displayed. | | | | |
| a. Uses Harmonic Mean Sample Size = 6.000. | | | | |

**Lampiran 13.** Produk Sediaan *Skin Balm*

