

## DAFTAR PUSTAKA

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NCBI

**Lampiran 1. *Informed Consent* (Persetujuan Pasien)**

JUDUL PENELITIAN :

**EFEKTIVITAS CAMPURAN EKSTRAK ALOE VERA DAN VIRGIN  
COCONUT OIL DALAM FORMULASI PELEMBAB PADA KEKERINGAN  
KULIT**

PELAKSANA : DEBY CHINTIA

***INFORMED CONSENT***

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Yth. Bapak/Ibu/Sdr :

Nama saya Deby Chintia, saya mahasiswa Program Studi S1 Ilmu Pendidikan Dokter Fakultas Kedokteran UNDIP. Saya melakukan penelitian dengan judul “Efektivitas Campuran Ekstrak *Aloe vera* dan *Virgin Coconut Oil* dalam Formulasi Pelembab pada Kekeringan Kulit”. Tujuan dari penelitian ini adalah untuk menilai efektivitas formulasi pelembab. Anda terpilih sebagai peserta penelitian ini. Apabila Saudara setuju sebagai peserta penelitian maka ada beberapa hal yang akan Saudara alami, yaitu:

- Diminta berbagai informasi mengenai keadaan kulit Saudara.
- Permintaan informasi akan dilakukan sebelum dan sesudah pemberian produk pelembab penelitian.
- Saudara diminta menggunakan produk pelembab penelitian selama 3 minggu.

Keuntungan bagi Saudara yang bersangkutan ikut dalam penelitian ini adalah mengurangi kekeringan kulit. Saya menjamin bahwa penelitian ini tidak akan

menimbulkan efek yang merugikan pada Saudara. Dalam penelitian ada intervensi dalam bentuk penggunaan produk pelembab penelitian selama 3 minggu. Setiap data pemeriksaan dan penelitian dijamin kerahasiaannya. Sebagai peserta penelitian keikutsertaan ini bersifat sukarela dan tidak dikenakan biaya penelitian. Apabila ada informasi yang belum jelas atau pertanyaan mengenai penelitian ini Saudara bisa menghubungi saya Deby Chintia, mahasiswa Program Studi S1 Ilmu Pendidikan Dokter FK UNDIP (HP 085789839960)

Terima kasih atas kerjasama Saudara.

## JUDUL

Setelah mendengar dan memahami penjelasan tentang penelitian, dengan ini saya menyatakan:

Nama : .....

Usia : .....

Jenis kelamin : Laki-laki / Perempuan\*

Pendidikan : .....

Pekerjaan : .....

Alamat : .....

Hubungan dengan pasien : .....

Menyatakan: **SETUJU / TIDAK SETUJU\***

(Jika setuju)

Untuk ikut sebagai peserta penelitian, atas nama pasien:

Nama : .....

Tanggal lahir : .....

Jenis kelamin : Laki-laki / Perempuan\*

Alamat : .....

Semarang, .....2015

Peneliti Saya yang membuat pernyataan



7. Apakah anda menggunakan produk pelembab kulit pada tangan sebelumnya?

Ya

Tidak

8. Jika Ya, sebutkan:

9. Apakah ruangan kuliah menggunakan pendingin atau AC?

Ya

Tidak

10. Jika Ya, berapa jam dalam sehari anda berada dalam ruangan berpendingin atau AC?

1-3 jam

9-12 jam

3-6 jam

> 12 jam

6-9 jam

Kuesioner telah dikonsulkan dan disetujui oleh:

**dr. Holy Ametati, Sp. KK**

NIP. 19740127 200912 2 001

**dr. Diah Adriani Malik, Sp. KK**

NIP. 19610422 198711 2 001

**dr. Retno Indar Widayati, M. Si, Sp. KK**

NIP. 19621017 119061 2 001

## KUESIONER PENELITIAN

- a. Sebelum aplikasi produk pelembab pemakaian (H0)

Berilah tanda centang (√) skor table dibawah berdasarkan keadaan kulit anda

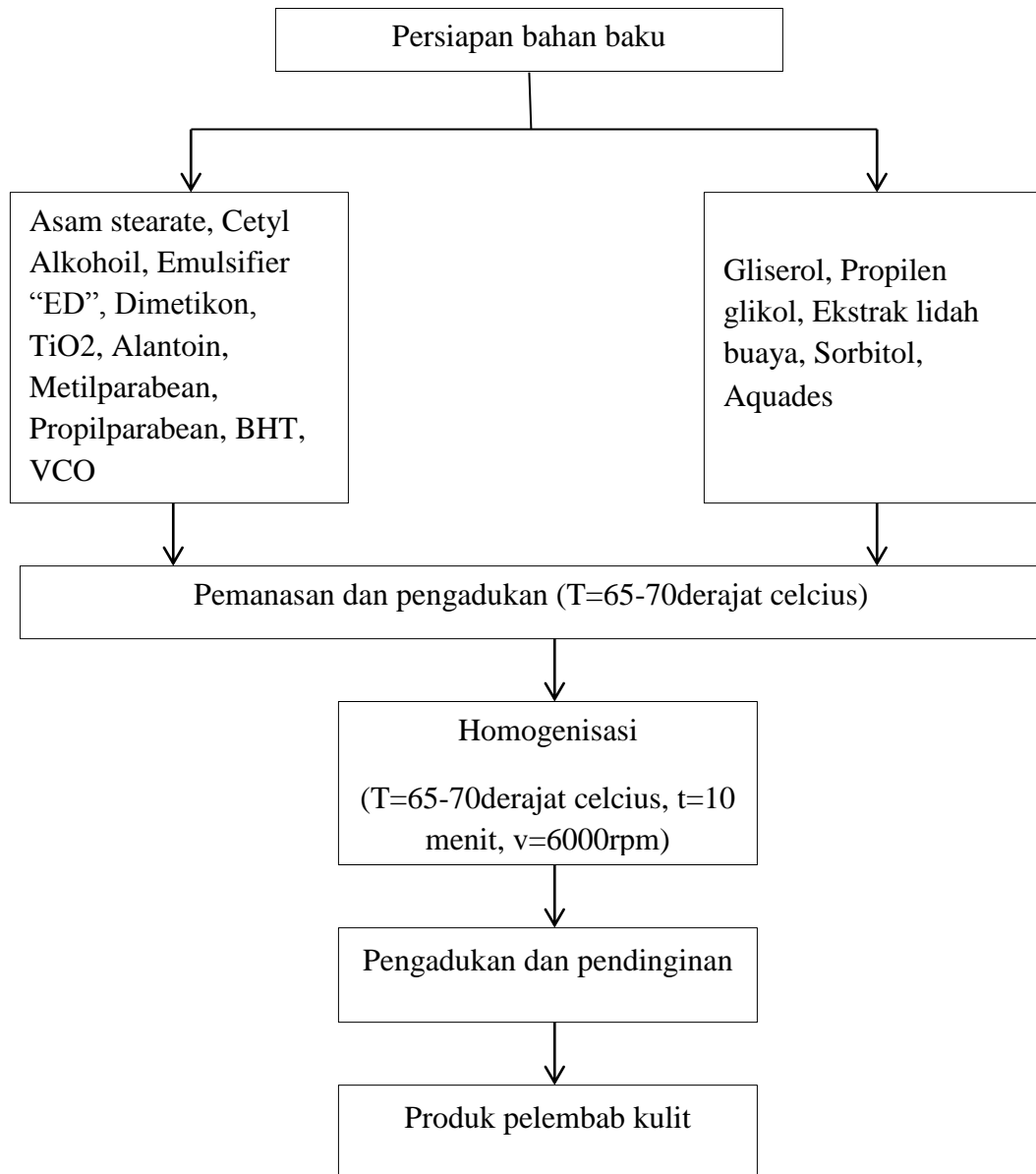
Parameter	
<i>Visual Scoring of Skin Condition (VSS)</i>	
1. Normal, tidak terlihat bersisik atau ada iritasi	
2. Sangat sedikit bersisik dan hanya terjadi sesekali	
3. Sedikit bersisik, merata di beberapa daerah namun tidak meluas	
4. Bersisik, tampak lebih luas dan kemerahan	
5. Sangat bersisik, kulit tampak pecah-pecah dan tampak kemerahan/perdarahan	



b. Setelah aplikasi produk pelembab pemakaian (H21)

Berilah tanda centang (√) skor table dibawah berdasarkan keadaan kulit anda

Parameter	
<i>Visual Scoring of Skin Condition (VSS)</i>	
6. Normal, tidak terlihat bersisik atau ada iritasi	
7. Sangat sedikit bersisik dan hanya terjadi sesekali	
8. Sedikit bersisik, merata di beberapa daerah namun tidak meluas	
9. Bersisik, tampak lebih luas dan kemerahan	
10. Sangat bersisik, kulit tampak pecah-pecah dan tampak kemerahan/perdarahan	

**Lampiran 3.** Cara kerja pembuatan krim

**Lampiran 4.** Hasil Analisis Data dengan SPSS 21.0 for Windows**Tipe kulit**

		Frequenc y	Percent	Valid Percent	Cumulative Percent
	NOrmal	4	12,5	12,5	12,5
Valid	Kering	28	87,5	87,5	100,0
	Total	32	100,0	100,0	
Missing	System	0	0		
Total		32	100,0		

**Riwayat alergi**

		Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid	tidak	32	100,0	100,0	100,0
Missing	System	0	0		
Total		32	100,0		

**Pengguna produk pelembab sebelumnya**

		Frequenc y	Percent	Valid Percent	Cumulative Percent
	ya	27	84,4	84,4	84,4
Valid	tidak	5	15,6	15,6	100,0
	Total	32	100,0	100,0	
Missing	System	0	0		
Total		32	100,0		

**Pendingin ruangan**

		Frequenc y	Percent	Valid Percent	Cumulative Percent
	ya	31	96,9	96,9	96,9
Valid	tidak	1	3,1	3,1	100,0
	Total	32	100,0	100,0	
Missing	System	0	0		
Total		32	100,0		

**Durasi penggunaan ac**

	Frequenc y	Percent	Valid Percent	Cumulative Percent
Valid 0 jam	1	3,1	3,1	3,1
1-3 jam	8	25,0	25,0	28,1
3-6 jam	16	50,0	50,0	78,1
6-9 jam	6	18,8	18,8	96,9
> 12 jam	1	3,1	3,1	100,0
Total	32	100	100,0	
Missing System	0	0		
Total	32	100,0		

**Ranks**

	N	Mean Rank	Sum of Ranks
Negative Ranks	25 <sup>a</sup>	13,00	325,00
Post - Pre Positive Ranks	0 <sup>b</sup>	,00	,00
Ties	7 <sup>c</sup>		
Total	32		

a. Post &lt; Pre

b. Post &gt; Pre

c. Post = Pre

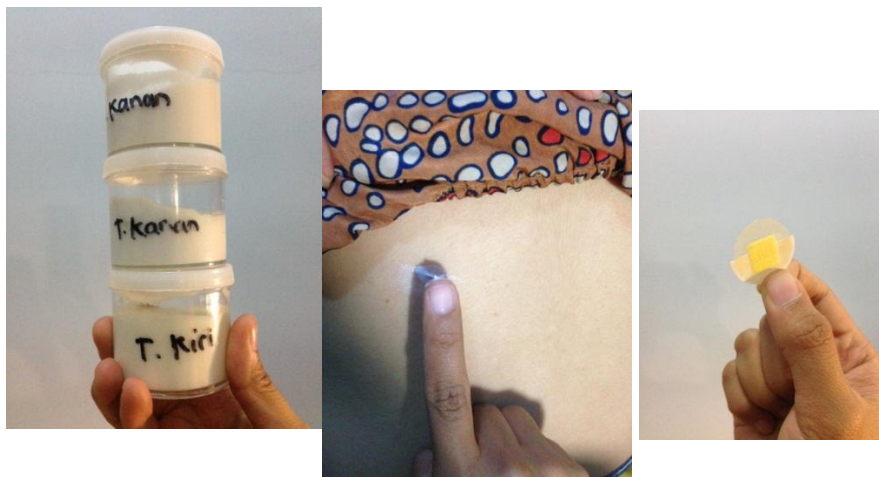
**Test Statistics<sup>a</sup>**

	Post - Pre
Z	-4,838 <sup>b</sup>
Asymp. Sig. (2-tailed)	,000

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

**Lampiran 5. Foto Penelitian**





**Lampiran 6.** Biodata mahasiswa**Identitas**

Nama : Deby Chintia  
 NIM : 22010111130074  
 Tempat/tanggal lahir : Metro / 17 Juni 1993  
 Jenis Kelamin : Perempuan  
 Alamat : Jl. Gondang timur 2, Bulusan-Tembalang, Semarang  
 Nomor telepon : -  
 Nomor Hp : 085789839960  
 e-mail : [debychintiaaa@yahoo.com](mailto:debychintiaaa@yahoo.com)

**Riwayat Pendidikan Formal**

1. SD	: SD Negeri 1 Metro Pusat	Lulus tahun	: 2005
2. SMP	: SMP Negeri 1 Metro	Lulus tahun	: 2008
3. SMA	: SMA Negeri 2 Bandar Lampung	Lulus tahun	: 2011
4. FK UNDIP	: Masuk tahun 2011		

**Keanggotaan organisasi**

1. AMSA	Tahun 2012 s/d 2013
2. ROHISKU	Tahun 2012 s/d 2013

**Pengalaman penelitian** : -

**Pengalaman publikasi** : -

**Pengalaman presentasi karya ilmiah** : -

**Pengalaman mengikuti lomba karya ilmiah** : -