ABSTRAK

Daun bidara merupakan tanaman herbal yang diketahui memiliki berbagai manfaat diantaranya sebagai antiinflamasi, antidepresan, antioksidan, serta pemberian doa juga diketahui memiliki kedudukan penting dalam pengobatan fisik maupun psikis. Salah satu hormon yang dapat digunakan untuk identifikasi kondisi stres adalah hormon kortisol. Terjadinya penurunan produktivitas hormon kortisol menandakan adanya penurunan respon stres sehingga sistem imunitas juga meningkat. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian nanoherbal bidara kombinasi madu, kurma, daun mint dengan doa dan tanpa doa terhadap kadar hormon kortisol. Jenis penelitian semu eksperimental dengan *pre-post test only control group design* yang melibatkan 35 responden dan dibagi menjadi 5 kelompok yang terdiri dari kelompok Kontrol (K) dan 4 kelompok perlakuan yaitu nanoherbal bidara kombinasi madu, daun mint (BM), nanoherbal bidara kombinasi madu, daun mint dengan doa (BMD), nanoherbal bidara kombinasi madu, kurma, daun mint (BMK), nanoherbal bidara kombinasi madu, kurma, daun mint dengan doa (BMKD). Hasil rerata kadar hormon kortisol setelah mengonsumsi nanoherbal diperoleh hasil pada kelompok K = 34,143 ± 1,625 μg/dl, BM = 27 ± 1,988 μg/dl, BMD = 24,571 ± 3,779 μg/dl, BMK = 33,429 ± 1,730 μg/dl dan BMKD = 25,857 ± 1,920 μg/dl. Hasil uji statistik menggunakan *paired sample t-test* dan *wilcoxon* diperoleh nilai *p-value* K = 0,200, BM = 0,637, BMD = 0,933, BMK = 0,763, dan BMKD = 0,164 hasil tersebut dinyatakan tidak terdapat perbedaan signifikan karena *p-value* >0,05. Maka dapat disimpulkan bahwa tidak ada pengaruh pemberian nanoherbal bidara kombinasi madu, kurma, daun mint dengan doa dan tanpa doa terhadap kadar hormon kortisol.

Kata Kunci : Hormon Kortisol, Daun Bidara, Doa,

ABSTRACT

Bidara leaves are herbal plants that are known to have various benefits including anti-inflammatory, antidepressant, antioxidant, and prayer is also known to have an important position in physical and psychological medicine. One of the hormones that can be used for the identification of stressful conditions is the hormone cortisol. The decrease in the productivity of the hormone cortisol indicates a decrease in the stress response so that the immune system also increases. This study aims to determine the effect of giving a combination of honey, dates, and mint leaves with and without prayer on cortisol hormone levels. This type of pseudo-experimental research with pre-post test only control group design involving 35 respondents and was divided into 5 groups consisting of the Control group (K) and 4 treatment groups, namely nanoherbs in combination with honey, mint leaves (BM), nanoherbs in combination with honey, mint leaves with prayer (BMD), nanoherbs in combination with honey, dates, mint leaves (BMK), nanoherbs in combination with honey, dates, mint leaves with prayer (BMKD). The average results of cortisol hormone levels after consuming nanoherbs were obtained in groups K = 34.143 ± 1.625 μg/dl, BM = 27 ± 1.988 μg/dl, BMD = 24.571 ± 3.779 μg/dl, BMK = 33.429 ± 1.730 μg/dl and BMKD = 25.857 ± 1.920 μg/dl. The results of the statistical test using paired sample t-test and wilcoxon obtained p-value K = 0.200, BM = 0.637, BMD = 0.933, BMK = 0.763, and p- value BMKD = 0.164 The results were stated to be no significant difference because the p-value >0.05. Therefore, it can be concluded that there is no effect of giving nanoherbs of honey, dates, mint leaves with prayer and without prayer on cortisol hormone levels.

***Keywords** : Cortisol Hormone, Bidara Leaves, Prayer*