

ABSTRAK

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EFEKTIVITAS MINYAK KELAPA MURNI (*VIRGIN COCONUT OIL*)
SEBAGAI ANTIJAMUR TERHADAP JAMUR *CANDIDA ALBICANS* YANG
DIISOLASI DARI URINE IBU HAMIL

xiv + 76 Halaman + 10 Tabel + 15 Lampiran

Tujuan penelitian ini adalah untuk mengevaluasi efektivitas antijamur *Virgin Coconut Oil* (VCO) terhadap *Candida albicans* yang diisolasi dari urine ibu hamil. Perubahan hormonal selama kehamilan mendorong pertumbuhan jamur, sehingga ibu hamil lebih rentan terhadap kandidiasis. Sampel urine dikumpulkan dari ibu hamil yang berkunjung ke Puskesmas Mojo, Surabaya. Kemudian penelitian dilakukan di laboratorium Parasitologi, Poltekkes Kemenkes Surabaya.

Ketokonazol digunakan sebagai kontrol positif, sedangkan *V Virgin Coconut Oil* diuji pada konsentrasi 10%, 30%, 60%, dan 90%. Nilai Konsentrasi Hambat Minimum (KHM) dan Konsentrasi Bunuh Minimum (KBM) terhadap *Candida albicans* ditentukan menggunakan metode dilusi cair. Uji dilusi cair digunakan untuk mengetahui konsentrasi VCO yang dapat menghambat atau membunuh jamur.

Hasil penelitian menunjukkan bahwa *Virgin Coconut Oil* mampu menghambat pertumbuhan jamur pada konsentrasi 60%, yang ditetapkan sebagai KHM. Namun, tidak diperoleh nilai KBM pada seluruh konsentrasi yang diuji, menunjukkan bahwa VCO belum mampu mengeliminasi jamur secara sempurna. Temuan ini menunjukkan bahwa *Virgin Coconut Oil* memiliki aktivitas antijamur dalam menghambat pertumbuhan *Candida albicans* yang diisolasi dari urine ibu hamil dan berpotensi sebagai terapi pendukung alternatif. Penelitian lebih lanjut diperlukan untuk mengevaluasi efektivitas klinis serta potensi penerapannya dalam terapi.

Kata kunci : Minyak Kelapa Murni, *Candida albicans*, Konsentrasi Hambat Minimum, Konsentrasi Bunuh Minimum, ibu hamil.

Daftar bacaan : 4 buku (2015-2025), 33 jurnal (2020-2025)

ABSTRACT

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ANTIFUNGAL ACTIVITY OF VIRGIN COCONUT OIL AGAINST CANDIDA ALBICANS ISOLATED FROM URINE SAMPLES OF PREGNANT WOMEN

xiv + 76 Pages + 10 Tables + 15 Appendices

The purpose of this research was to evaluate the antifungal effectiveness of Virgin Coconut Oil (VCO) against Candida albicans isolated from the urine of pregnant women. Hormonal changes during pregnancy promote fungal growth, making pregnant women more susceptible to candidiasis. Urine samples were collected from pregnant women attending Puskesmas Mojo, Surabaya, and the laboratory experiments were conducted at the Parasitology Laboratory, Poltekkes Kemenkes Surabaya.

Ketoconazole was used as the positive control, while Virgin Coconut Oil was tested at concentrations of 10%, 30%, 60%, and 90%. The Minimum Inhibitory Concentration (MIC) and Minimum Fungicidal Concentration (MFC) of VCO against Candida albicans were determined using the broth dilution method. This method was employed to identify the lowest concentration of VCO capable of inhibiting or killing the fungal cells.

The results showed that Virgin Coconut Oil inhibited the growth of Candida albicans at a concentration of 60%, which was identified as the MIC. However, no MFC was observed at any of the tested concentrations, indicating that VCO did not completely eliminate the fungus. These findings suggest that Virgin Coconut Oil possesses antifungal activity against Candida albicans isolated from the urine of pregnant women and has potential as an alternative supportive therapy. Further studies are recommended to evaluate its clinical effectiveness and potential therapeutic applications.

Keywords : Virgin Coconut Oil, Candida albicans, Inhibitory Concentration, Minimum Fungicidal Concentration, pregnant women

References : 4 books (2015-2025), 33 journal (2020-2025)