

ABSTRAK

Penyumbatan kelenjar minyak karena bakteri menjadi salah satu penyebab timbulnya jerawat. Penelitian ini bertujuan untuk mengetahui efektivitas antibakteri ekstrak buah sosis (*Kigelia africana*) terhadap zona hambat bakteri *Staphylococcus epidermidis*. Penelitian true experiment menggunakan teknik simple random sampling yang jumlah 20 sampel dengan rancangan acak lengkap (RAL). Penelitian ini terdiri dari 5 perlakuan dan 4 pengulangan. Perlakuan P1 (ekstrak buah sosis 50%), P2 (ekstrak buah sosis 75%), P3 (ekstrak buah sosis 100%), P4 (klindamisisn 2 μ g), dan P5 (aquades). Pengumpulan data menggunakan lembar observasi pengukuran diameter zona hambat. Data dianalisis menggunakan uji One-way Anova. Hasil penelitian mengkonfirmasi bahwa perlakuan berpengaruh secara signifikan ($p < 0,05$). Rerata diameter zona hambat pada setiap perlakuan, P1 sebesar (24,38 \pm 0,96 mm), P2 sebesar (25,95 \pm 0,76 mm), P3 sebesar (27,77 \pm 0,64 mm), P4 (30,36 \pm 0,21 mm), dan P5 tidak terdapat zona hambat. Berdasarkan hasil tersebut, dapat disimpulkan bahwa ekstrak buah sosis dapat menghambat pertumbuhan *Staphylococcus epidermidis* sehingga dapat digunakan sebagai alternatif antibakteri.

Kata kunci: *Antibakteri, Buah sosis (Kigelia africana), Diameter zona hambat, Jerawat, Staphylococcus epidermmidis*

ABSTRACT

Blockage of oil glands due to bacteria is one of the causes of acne. This study aims to determine the antibacterial effectiveness of sausage fruit extract (*Kigelia africana*) on the inhibition zone of *Staphylococcus epidermidis* bacteria. True experiment research using simple random sampling technique which amounted to 20 samples with complete randomised design (RAL). This study consists of 5 treatments and 4 repetitions. Treatment P1 (50% sausage fruit extract), P2 (75% sausage fruit extract), P3 (100% sausage fruit extract), P4 (klindamisisn 2 μ g), and P5 (distilled water). Data were collected using an observation sheet measuring the diameter of the inhibition zone. Data were analysed using One-way Anova test. The results confirmed that the treatments had a significant effect ($p < 0.05$). The mean diameter of the inhibition zone in each treatment, P1 was (24.38 \pm 0.96 mm), P2 was (25.95 \pm 0.76 mm), P3 was (27.77 \pm 0.64 mm), P4 (30.36 \pm 0.21 mm), and P5 had no inhibition zone. Based on these results, it can be concluded that sausage fruit extract can inhibit the growth of *Staphylococcus epidermidis* so that it can be used as an antibacterial alternative.

Keywords: *Antibacterial, Sausage fruit (Kigelia africana), Inhibition zone diameter, Acne, Staphylococcus epidermidis*