

ABSTRACT

Overweight is the accumulation of excessive fat that can harm health. People who are overweight usually have a size of body anthropometry more than normal, such as the size of the waist circumference (WC), upper arm circumference (UAC), and subcutaneous fat thickness (SFT). Women are more to being overweight, because metabolism in women is lower and more body fat than men. They attempt to return to normal body weight, by following the fitness clubs, diet and so forth. In this study, researchers used a slimming tea and massages to help restore their body size. The purpose of this study was to determine the effects of a combination of slimming teas and massage with dietary adjustments to the results of anthropometric measurements in the group of women gymnastic class.

The method used is quasy experimental design with the design of "pre-posttest control group design. The study was held for 14 days by the number of respondents 21 people. Respondents were divided into 3 groups: control, treatment 1: consumption of slimming tea and treatment 2 is a combination of slimming tea consumption and massage. Slimming tea composition consisting of green tea, guazuma extracts, parameria extract, fennel extract and curcumin extract consumed 2 times a day after meals every day. Manipulation technique massage around arm and abdomen was carried out on point ST25 Tianshu, ST28 Shuidao, CV4 Guanyuan, and CV12 Zhongwan for 30 minutes every day. Data were analyzed using SPSS with Paired T-Test.

The results showed slimming tea and massage combination with dietary adjustments can reduce the results of anthropometric measurements such as WC, UAC, and SFT. Among three respondent groups, the most effective treatment to reduce WC and SFT is treatment 2 which are combination slimming tea and massage. Whereas the consumption of slimming tea itself (treatment 1) showed the most effective way to reduce UAC.

Keywords: Overweight, Aerobic, Slimming tea, Massage, Waist circumference, Upper arm circumference, Subcutaneous fat thickness