ABSTRAK

Uji Daya Hambat Ekstrak Daun Pare *(Momordica charantia* Linn*)* terhadap pertumbuhan Bakteri Jerawat (*Propionibacterium acnes)* Metode Difusi

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Jerawat dialami 60–80% remaja di Indonesia, tetapi pengobatannya terkendala tingginya angka resistensi antibiotik. Sebagai solusi alternatif, ekstrak daun pare (*Momordica charantia*) diteliti untuk menguji daya antibakterinya terhadap *Propionibacterium acnes*. Penelitian *quasi-experimental* ini menggunakan metode difusi agar yang membandingkan kontrol positif (klindamisin), kontrol negatif (DMSO 10%), serta ekstrak daun pare konsentrasi 0,5%, 1%, dan 2,5% dengan lima kali pengulangan. Hasil menunjukkan bahwa peningkatan konsentrasi ekstrak berbanding lurus dengan luas zona hambat yang terbentuk, yaitu 15,22 mm pada konsentrasi 0,5% (kategori sedang), 18,16 mm pada 1% (kategori kuat), dan 19,34 mm pada 2,5% (kategori kuat). Uji statistik Welch ANOVA menghasilkan nilai p = 0,000 (p < 0,05), yang membuktikan adanya perbedaan rata-rata diameter zona hambat secara signifikan antar kelompok. Dengan demikian, ekstrak daun pare terbukti efektif dalam menghambat pertumbuhan bakteri *Propionibacterium acnes*.

PERPUSTAKAAN
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Kata kunci : Antibakteri, *Clindamicyn,* Difusi, Daun Pare, Jerawat

ABSTRACT

Inhibitory Test of Bitter Melon Leaf Extract (Momordica charantia Linn.) on the Growth of Acne Bacteria (Propionibacterium acnes) Using the Diffusion Method

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PERPUSTAKAAN

Acne is experienced by 60-80% of adolescents in Indonesia, but the treatment is constrained by the high rate of antibiotic resistance. As an alternative solution, bitter melon leaf extract (Momordica charantia) was studied to test its antibacterial power against Propionibacterium acnes. This quasi-experimental study used an agar diffusion method that compared positive control (clindamycin), negative control (DMSO 10%), and bitter melon leaf extract concentrations of 0.5%, 1%, and 2.5% with five repetitions. The results showed that the increase in extract concentration was directly proportional to the area of the inhibition zone formed, namely 15.22 mm at 0.5% concentration (medium category), 18.16 mm at 1% (strong category), and 19.34 mm at 2.5% (strong category). The Welch ANOVA statistical test yielded a value of p = 0.000 (p < 0.05), which proved that there was a significant difference in the average diameter of the inhibition zone between groups. Thus, bitter melon leaf extract has been shown to be effective in inhibiting the growth of Propionibacterium acnes bacteria

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Keywords *: Antibacterial, Clindamicyn, Diffusion, Bitter Melon, Acne*