

ABSTRAK

Alat kontrasepsi hormonal yang banyak dipakai adalah suntik, pil dan implan. Kontrasepsi hormonal memiliki efek samping, sehingga perlu adanya kontrasepsi alami yang tidak menimbulkan efek samping bagi penggunaanya salah satunya ditemukan dari kedelai yang mengandung isoflavon. Namun sampai saat ini belum ada bukti. Tujuannya untuk mengetahui pengaruh isoflavon (ekstrak kedelai) terhadap kadar hormon LH, FSH dan ukuran diameter folikel antral ovarium pada tikus betina.

Metode yang digunakan *post only control group design* dibagi dalam 3 kelompok. Kelompok kontrol tidak diberi isoflavon, P1 diberikan isoflavon 4,5 mg, P2 diberikan isoflavon 9 mg. Penelitian ini dilakukan selama 15 hari.

Hasil uji *One Way Anova* pada hormon LH, FSH, dan diameter folikel antral ovarium diperoleh nilai $p > 0,05$ menunjukkan bahwa pemberian dosis isoflavon 4,5 mg dan 9 mg tidak ada perbedaan bermakna pada kadar hormon LH, FSH dan diameter folikel antral ovarium pada tikus betina.

Kesimpulan pemberian dosis isoflavon belum dapat mempengaruhi kadar hormon LH, FSH dan diameter folikel antral ovarium pada tikus betina.

Kata Kunci : Diameter folikel antral ovarium, LH, FSH

ABSTRACT

The most common and widely used hormonal contraceptives are injectable, pills and implants. Hormonal contraceptives, however, have side effects. Dealing with these, natural contraceptives which do not cause side effects for users are needed. One of which is found from soybeans containing isoflavones, yet there has not been evidence up to now. The purpose of this paper is to determine the effects of isoflavone (soybeans extract) to the hormone levels of LH, FSH and the diameter of the ovarian antral follicle in female rats.

The methods used were post only control group design which were divided into 3 groups. The control group was not given isoflavone. P1 was administered isoflavone 4.5 mg and P2 was administered Isoflavone 9 mg. This study was conducted for 15 days.

The test results of One Way Anova on the hormone LH, FSH, and the diameter of the ovarian antral follicle obtained the value of $p > 0.05$ which showed that the dose of Isoflavone 4.5 mg and 9 mg did not have significant effect in the hormone levels of LH, FSH and the diameter of the ovarian antral follicle in female rats.

The conclusion is dosing Isoflavone does not have significant effect to the hormone levels of LH, FSH and the diameter of the ovarian antral follicle in female rats.

Keywords : Diameter folikel antral ovarium, LH, FSH