

ABSTRAK

Latar Belakang: Tingginya angka prevalensi gangguan ansietas berbanding lurus dengan kebutuhan pelayanan kesehatan. Namun, akses terhadap layanan kesehatan di Indonesia masih belum merata antara daerah perkotaan dan pedesaan. Daerah-daerah terpencil juga mengalami kekurangan pasokan layanan kesehatan yang berkualitas, sehingga dibutuhkan alternatif penggunaan herbal yang murah dan mudah didapatkan, pemakaian atau konsumsi rutin tidak menimbulkan efek samping yang signifikan, sehingga pemilihan bahan herbal dapat dipertimbangkan keamanannya sebagai suplementasi pengobatan. Jahe merah salah satu jenis rimpang yang banyak digunakan sebagai obat tradisional di Indonesia dikenal secara turun temurun sebagai obat tradisional yang mampu mengatasi berbagai macam penyakit. Secara empiris jahe merah juga digunakan sebagai komponen berbagai ramuan obat yang memiliki efek antiansietas.

Metode: pre-eksperimental laboratorium dengan rancangan penelitian deskriptif yang bertujuan untuk mengetahui perbandingan kadar total flavonoid yang berpotensi sebagai antiansietas. Sampel rimpang jahe merah. Ekstraksi dengan metode maserasi. Penelitian ini menggunakan pelarut air, etanol 70%, dan 96%.

Hasil: skrining fitokimia flavonoid pada ekstrak air, etanol 70%, etanol 96% jahe merah mengandung flavonoid. Koefisien korelasi kuersetin sebesar 0,9758. Total kadar dan rata-rata kandungan flavonoid pada ekstrak air jahe merah sebesar 11,7803 mgQE/g ekstrak atau 1,18%. Ekstrak etanol 70% jahe merah sebesar 23,4227 mgQE/g ekstrak atau 2,34%. kadar total dan rata-rata flavonoid pada ekstrak etanol 96% jahe merah 35,2407 mgQE/g ekstrak atau 3,5%.

Kesimpulan: Dari hasil tiga kali pengulangan ekstrak etanol 96% jahe merah kadar total flavonoid tertinggi 35,2407 mgQE/g, ekstrak etanol jahe merah 70% kadar 23,4227 mgQE/g terendah ekstrak etanol jahe air kadar 11,7803 mgQE/g ekstrak.

Kata Kunci : Ansietas, Jahe merah, Flavonoid, Fitokimia.

ABSTRACT

Introduction: *The high prevalence of anxiety disorders is directly proportional to the need for health services. However, access to health services in Indonesia is still uneven between urban and rural areas. Remote areas also experience a lack of supply of quality health services, so that alternatives are needed to use herbs that are cheap and easy to obtain, routine use or consumption does not cause significant side effects, so that the selection of herbal ingredients can be considered safe as a supplement to treatment. Red ginger is one type of rhizome that is widely used as traditional medicine in Indonesia, known for generations as a traditional medicine that can overcome various diseases. Empirically, red ginger is also used as a component of various medicinal herbs that have antianxiety effects.*

Methods: *pre-experimental laboratory with descriptive research design that aims to determine the comparison of total flavonoid levels that have potential as antianxiety. Samples of red ginger rhizome. Extraction by maceration method. This study used water, 70% ethanol, and 96% solvents.*

Results: *Phytochemical screening of flavonoids in water extract, 70% ethanol, 96% ethanol of red ginger contains flavonoids. The correlation coefficient of quercetin was 0.9758. Total and average flavonoid content in aqueous extract of red ginger was 11.7803 mgQE/g extract or 1.18%. 70% ethanol extract of red ginger amounted to 23.4227 mgQE/g extract or 2.34%. Total and average flavonoid content in 96% ethanol extract of red ginger was 35.2407 mgQE/g extract or 3.5%.*

Conclusion: *From three repetitions of 96% ethanol extract of red ginger has the highest total flavonoid content of 35.2407 mgQE/g, followed by 70% ethanol extract of red ginger with 23.4227 mgQE/g, and the lowest ethanol extract of water ginger with 11.7803 mgQE/g extract.*

Keywords: *Anxiety, Red ginger, Flavonoids, Phytochemicals.*