

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH MAKASSAR**

Skripsi, 1 Agustus 2024

“FORMULASI SEDIAAN GEL *FACE WASH SCRUB* KOMBINASI AMPAS KOPI DAN EKSTRAK BIJI KOPI ROBUSTA (*Coffea canephora* var. *robusta*).”

ABSTRAK

Latar Belakang: Di Indonesia, jumlah penduduk yang menderita jerawat setiap tahunnya terus meningkat, penyebab utamanya yaitu, stress psikologis, kurang tidur, menstruasi, kosmetik, dan lainnya. Langkah awal dalam merawat kesehatan kulit wajah, dengan menggunakan pembersih wajah, untuk membersihkan sel kulit mati, kotoran, minyak, dan kosmetik. Biji kopi mengandung senyawa fenolik yang berkhasiat untuk kulit. Sedangkan, limbah ampas kopi memiliki kandungan senyawa bioaktif yang dapat dikembangkan menjadi sediaan yang dapat berguna untuk kulit.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui karakteristik sediaan gel *face wash scrub* kombinasi ampas kopi dan ekstrak biji kopi robusta (*Coffea canephora* var. *robusta*) dengan berbagai variasi konsentrasi.

Metode Penelitian: Metode penelitian ini menggunakan metode eksperimental laboratorium menggunakan ekstrak biji kopi robusta dengan konsentrasi yang berbeda, F1 sebanyak 0% , F2 sebanyak 6,25%, F3 sebanyak 12,5% dan F4 sebanyak 25%. Selanjutnya dilakukan evaluasi stabilitas sediaan yang meliputi uji organoleptis, pH, viskositas, daya sebar dan stabilitas busa.

Hasil Penelitian: Hasil penelitian ini didapatkan evaluasi stabilitas sediaan sesuai dengan SNI 16-4380-1996, pH yaitu 4,5 – 7,8, viskositas yaitu, 3.000 – 10.000 cps, daya sebar yaitu, 5 -7 cm. Sedangkan stabilitas busa, tidak ada perbedaan yang bermakna setelah didiamkan 5 atau 10 menit. Hasil iritasi pada sukarelawan didapatkan tidak adanya reaksi eritema dan edema.

Kata Kunci : Ekstrak Biji Kopi Robusta (*Coffea canephora* var. *robusta*), Ampas Kopi, Gel, *Face Wash Scrub*

FACULTY OF MEDICINE AND HEALTH SCIENCES

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“FORMULATION OF FACE WASH SCRUB GEL CONTAINING COFFEE GROUNDS AND ROBUSTA COFFEE BEAN EXTRACTS (*Coffea canephora* var. *robusta*).”

ABSTRACT

Background: In Indonesia, the number of people who suffer from acne continues to increase every year. The main causes are psychological stress, lack of sleep, menstruation, cosmetics, and others. The first step in taking care of healthy facial skin is to use a facial cleanser to remove dead skin cells, dirt, oil, and cosmetics. Coffee beans contain phenolic compounds that are nutritious for the skin. Meanwhile, coffee grounds waste contains bioactive compounds that can be developed into preparations that can be useful for the skin.

Objectives: This study aimed to determine the characteristics of gel preparation of face wash scrub combination of coffee grounds and robusta coffee bean extract (*Coffea canephora* var. *robusta*) with various concentration variations.

Methods: The study used a laboratory experimental method using robusta coffee bean extract with different concentrations, F1 as much as 0%, F2 as much as 6.25%, F3 as much as 12.5% and F4 as much as 25%. Furthermore, the stability evaluation of the preparation was carried out which included organoleptical tests, pH, viscosity, spreadability and foam stability.

Results: The study showed that an evaluation of the stability of the preparation was in accordance with SNI 16-4380-1996, pH was 4.5 - 7.8, viscosity was 3,000 - 10,000 cps, and spreadability was 5 -7 cm. In foam stability, there was no significant difference after staying for 5 or 10 minutes. Irritation results on volunteers showed.

Keywords : *robusta coffee bean extract (Coffea canephora* var. *robusta)*, *coffee grounds, gel, face wash scrub* .