

TABLE OF CONTENT

ABSTRAK.....	iv
ABSTRACT.....	v
STATEMENT EGLIBILITY.....	vi
ORIGINAL STATEMENT SHEET.....	vii
ACKNOWLEDGE.....	ix
TABLE OF CONTENTS.....	xi

CHAPTER 1: INTRODUCTION

1.1 Background of Research.....	1
1.2 Formulation of The Problem.....	3
1.3 Objective of Research.....	3
1.3.1 General Objective.....	3
1.3.2 Specific Objective.....	3
1.4 Benefits of Research.....	4
1.4.1 Institution.....	4
1.4.2 Society.....	4
1.4.3 Researcher.....	4
1.5 Authenticity of Research.....	5
Table 1. Authenticity of Research.....	6

CHAPTER 2: LITERATURE REVIEW

2.1 Theoretical Basis.....	7
2.1.1 Type 2 Diabetes Mellitus.....	7
2.1.2 Risk Factors.....	10
2.1.3 Complications.....	11
2.1.3.1 Acute Metabolic Complications.....	11
2.1.3.2 Long-Term Chronic Complications.....	12
2.1.4 Medical Nutrition Therapy.....	13
2.1.5 Effect of Intestinal Microbiota on Type 2 Diabetes	

Mellitus	16
2.1.6 Yogurt	17
2.1.7 Cinnamon (Cinnamomum burmannii)	19
2.1.8 Alloxan	22
2.1.9 Wistar Rats	24
2.1.10 Organoleptic Tests	26
2.2 Theoretical Framework	31
2.3 Conceptual Framework	32
2.4 Hipotesis	32
CHAPTER 3: RESEARCH METHODS	
3.1 Types and Research Design	33
3.2 Population and Sample	33
3.2.1 Population.....	33
3.2.2 Sample.....	33
3.3 Research Variable.....	34
3.3.1 Variables Classification	34
3.3.1.1 Dependent Variables	34
3.3.1.2 Independent Variables	34
3.3.1.3 Controlled Variables	34
3.3.2 Operational Definition Variables.....	34
3.4 Material and Instrument.....	35
3.4.1 Instrument.....	35
3.4.1.1 Treatment of experimental animals	35
3.4.1.2 Making yogurt	35
3.4.1.3 Cinnamon powder	35
3.4.2 Material	35
3.4.2.1 Treatment of experimental animals	35
3.4.2.2 Making yogurt	35
3.4.2.3 Cinnamon powder	35
3.5 Research Procedure.....	36
3.5.1 Making Cinnamon Powder.....	36
3.5.2 Making Yogurt.....	36

3.5.3 Making Yogurt with Cinnamon Powder.....	37
3.5.4 Giving Yogurt and Cinnamon.....	37
3.5.5 Determination of Dosage.....	37
3.5.5.1 Yogurt	37
3.5.5.2 Cinnamon Powder	37
3.5.5.3 Metformin.....	38
3.5.5.3 Alloxan	38
3.5.6 Reaserch Ethics	38
3.5.7 Determining the Condition of Type 2 Diabetes Mellitus	39
3.5.8 Distribution of Subject Groups.....	39
3.5.9 Acclimatization of Rats	39
3.5.10 Analysis of Fasting Blood Glucose Levels.....	39
3.5.10 Research Flow	40
3.5.11 Data Processing and Analysis.....	41
3.5.12 Final Treatment.....	41
3.5.13 Organoleptic Test.....	41

CHAPTER 4: RESULT AND DISCUSSION

4.1 Result	43
4.1.1 Fasting Blood Glucose Levels.....	43
4.1.2 Organoleptic Test.....	50
4.2 Discussion.....	52
4.2.1 Fasting Blood Glucose Levels.....	52
4.2.2 Organolptic Test	57

CHAPTER 5: CONCLUSION AND SUGGESTION

5.1 CONCLUSION.....	61
5.2 SUGGESTION	61
REFERENCES.....	63
APPENDIXS.....	71

LIST OF TABLES

Table 1. Recommendations of Medical Nutrition Therapy For Diabetes	14
Table 2. Yogurt Quality Requirements.....	18
Table 3. Normal Parameters of Adults Rats	25
Table 4. Definition of Operational Variables	35
Table 5. Fasting Blood Glucose Levels	44
Table 6. Organoleptic test result of Yogurt	51

LIST OF FIGURES

Figure 1. Metabolism of Type 2 Diabetes Mellitus	8
Figure 2. Diagnosis of Diabetes Mellitus	9
Figure 3. Cinnamomum Burmannii	20
Figure 4. Sprague-Dawley Rats	25
Figure 5. Theoretical Framework.....	31
Figure 6. Conceptual Framework	32
Figure 7. Research Flow	40
Figure 8. Fasting Blood Glucose Levels in Rats.....	45
Figure 9. Fasting Blood Glucose Levels in The K3 Group	46
Figure 10. Fasting Blood Glucose Levels in The K4 Group	47
Figure 11. Fasting Blood Glucose Levels in The K5 Groups.....	48
Figure 12. Fasting Blood Glucose Levels Between K1 and K5 Group ..	49