(The Effect of Chocolate Drinks (Theobroma Cacao L) on
Physical Activity in Obesity White Rat Wistar Strain)

Muhammad Jefni Raudhani
Clinical Nutrition's Study
Program Health Department

ABSTRACK

Obesity as abnormal fat accumulation. Obesity is not only a health problem but that is about awareness. Previously, obesity was equated with affluence, but now obesity is a health problem or disease. Obesity can be caused by an imbalance between physical activity and dietary intake. Triggers of obesity can be caused by over food intake than energy output. In obese people, physical function usually has difficulty walking, running, and doing activities very slowly. Obesity can be treated by giving chocolate drinks because they contain Flavonoids. The purpose of this research was to analyze the effect of drinking chocolate on physical activity in obese white rats. The type of research used is True Experimental with a pre-posttest research design with a control group. This study used a sample of 30 male rats with the age of 2-3 months and a body weight of 200-300 grams. The sample was divided into 3 groups, namely Negative Control (K-), Positive Control (K+), Treatment Control (P), each group was given 5.3 ml/day of chocolate drink intervention for 4 weeks. Different tests were carried out with Kruskal Walis and One Way Anova and paired tests were carried out with the Paired T-test and Posh Hoc. The results obtained in the value of physical activity before ($p = 0.239$) and after ($p = 0.028$) chocolate drink between treatment groups showed differences. The value of physical activity before and after giving the chocolate drink in each treatment group showed differences. This study concludes that giving chocolate drinks for 28 days to obese rats can increase physical activity but not significantly.

Kata kunci : Obesity, Chocolate Drinks, Physical Activity