

PERBEDAAN SKOR WELL-BEING DAN TINGKAT STRES PADA MAHASISWA SEBELUM DAN SESUDAH DIBERIKAN MINUMAN HERBAL BERBASIS DAUN KELOR DAN MANGGA GEDONG GINCU INDRAMAYU

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Abstrak

Mahasiswa merupakan kelompok yang rentan mengalami stres akibat tuntutan akademik, sosial, dan emosional yang dapat memengaruhi kesejahteraan individu (*well-being*). Salah satu upaya yang berpotensi mendukung kesehatan dan kesejahteraan mahasiswa adalah konsumsi minuman herbal berbasis daun kelor (*Moringa oleifera*) dan mangga Gedong Gincu Indramayu yang kaya vitamin C dan antioksidan. Penelitian ini bertujuan menganalisis perbedaan skor *well-being* dan tingkat stres pada mahasiswa sebelum dan sesudah diberikan minuman herbal tersebut. Penelitian menggunakan desain quasi experimental dengan pendekatan *one group pretest-posttest* pada 42 mahasiswa yang dipilih menggunakan teknik *purposive sampling*. Intervensi diberikan selama 14 hari. Pengukuran skor *well-being* menggunakan WHO-5 (*World Health Organization-Five Well-Being Index*) dan tingkat stres menggunakan PSS-10 (*Perceived Stress Scale-10*). Analisis data dilakukan dengan uji Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan bahwa rata-rata skor *well-being* meningkat dari $68,29 \pm 7,19$ menjadi $75,33 \pm 7,22$ dan menunjukkan perbedaan yang signifikan ($p < 0,001$). Sementara itu, rata-rata tingkat stres menurun dari $17,74 \pm 4,58$ menjadi $16,83 \pm 2,64$, namun tidak berbeda signifikan ($p = 0,209$). Disimpulkan bahwa pemberian minuman herbal berbasis daun kelor dan mangga Gedong Gincu Indramayu selama 14 hari berpengaruh terhadap peningkatan skor *well-being*, tetapi belum berpengaruh signifikan terhadap tingkat stres mahasiswa.

Kata Kunci: *Well-Being*, Tingkat Stres, Minuman Herbal, Mangga Gedong Gincu, Daun Kelor

DIFFERENCES IN WELL-BEING SCORES AND STRESS LEVELS AMONG STUDENTS BEFORE AND AFTER THE CONSUMPTION OF A HERBAL BEVERAGE MADE FROM MORINGA LEAVES AND GEDONG GINCU MANGOES FROM INDRAMAYU

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Abstract

Students are vulnerable to stress due to academic, social, and emotional demands that may affect their well-being. One potential approach to support students' health and well-being is the consumption of herbal beverages made from Moringa (*Moringa oleifera*) leaves and Gedong Gincu mangoes from Indramayu, which are rich in vitamin C and antioxidants. This study aimed to analyze the differences in well-being scores and stress levels among students before and after consuming the herbal beverage. A quasi-experimental study with a one-group pretest-posttest design was conducted among 42 students selected through purposive sampling. The intervention was administered for 14 days. Well-being was assessed using the WHO-5 (World Health Organization-Five Well-Being Index), while stress levels were measured using the PSS-10 (Perceived Stress Scale-10). Data were analyzed using the Wilcoxon Signed Rank Test. The results showed that the mean well-being score increased from 68.29 ± 7.19 to 75.33 ± 7.22 , indicating a significant difference ($p < 0.001$). Meanwhile, the mean stress score decreased from 17.74 ± 4.58 to 16.83 ± 2.64 , although the difference was not statistically significant ($p = 0.209$). It can be concluded that consumption of the herbal beverage made from Moringa leaves and Gedong Gincu mangoes from Indramayu for 14 days significantly improved students' well-being scores but did not significantly reduce stress levels.

Keywords: well-being, stress level, herbal beverage, *Mangifera indica* var. Gedong Gincu, *moringa oleifera*