



Article

THE EFFECTIVENESS OF THE JIN'S 3 NEEDLE THREAD LIFT METHOD AND WATERMELON JUICE ON OBESITY IN MEDIKA AKUPUNKTUR BOJONEGORO

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ABSTRACT

Background: Obesity is an excessive accumulation of fat that can interfere with health. During this pandemic, a lot of food, sweet drinks, and the lack of activities we work from home are also one of the causes of obesity. Based on Riskesdas data, the population's consumption of vegetables and fruit is still low. **Objective:** To determine the effectiveness of the Jin's 3 needle thread lift method and watermelon juice on obesity in Acupuncture Medicine. **Methods:** With experimental two group pretest - posttest control design, analysis using Wilcoxon test with 30 samples, for 2 weeks. The dependent variable is body weight, (BMI), waist circumference, upper arm circumference (LILA), visceral fat. The independent variables are the Jin's 3 needle thread lift Method and Watermelon Juice. **Time and place:** January - March 2021, at Medika Acupuncture, Jl. Ahmad Dahlan No. 22 Bojonegoro Regency, East Java. **Results:** The average reduction in obesity in the threadlift jin's 3 needle group was 1.55 kg, waist circumference was 4.77cm, upper arm circumference was 4.93%, visceral fat 0.86, BMI is 0.6 kg/m². In the jin's 3 needle thread lift group and watermelon juice, the body weight was 2.6 kg, waist circumference is 6.2 cm, upper arm circumference is 8.3%, visceral fat is 1.7. BMI is 1.1 kg/m². Wilcoxon test results get 0.001, 0.001, 0.001, 0.001, 0.001 < 0.05. **Conclusion:** The jin's 3 needle thread lift method and watermelon juice can be said to be significant and effective against obesity at Medika Acupuncture, Bojonegoro.

I. INTRODUCTION

Overweight or obesity is not an uncommon problem nowadays. Obesity occurs in almost all age groups and has been increasing every

year. Obesity itself causes many new problems for health, such as diabetes, heart disease, cholesterol, health, such as diabetes, heart disease, cholesterol. During the corona

pandemic nowadays, there are a lot of fast food, sweet drinks with various concoctions from various brands that are present in the middle of our lives, which accompany WFH (work from home) or SFH (school from home) without us having to go out from home) without us having to leave the house to enjoy it. The lack of activity when we work from home also allows us to freely eat at home. As we know, eating snacks frequently is one of the causes of obesity. If this activity is followed by minimal body movement, the condition will cause the problem of if this activity is followed by minimal body movement then, the condition will cause the problem of weight gain and obesity to obesity.⁶

Obesity is an excessive or abnormal accumulation of fat that can interfere with health.¹⁹ Obesity is a condition that condition characterized by a disturbance in the body's energy balance, namely a positive positive energy balance that is ultimately stored in the form of fat in body tissues.¹⁰ The World Health Organisation (WHO) is very concerned with the increasing trend of obesity and non-communicable diseases that affect the main health problems of countries in the world. The number of new cases of obesity in the next 2 decades is expected to will exceed hundreds of millions.⁴

Various diseases that can arise due to obesity include diabetes (44%), ischaemic heart disease (23%), and can also cause cancer (7%-41%). In the Sustainable Development Goals (SDG's), health problems are largely influenced by sectors outside the health sector.⁴ In the Sustainable Development Goals (SDG's), health problems are influenced by external sectors such as industry and trade.¹⁸

Based on Riskesdas data on the analysis of the Individual Food Consumption Survey (SKMI), the

consumption of oil, fat and processed groups is 37.4 grams / person / day, consumption of sugar groups in Indonesia is 15.7 grams / person / day, consumption of vegetable groups and fruits is still low, namely 57.1 grams per person per day and 33.5 grams per person per day.¹⁵

Based on the data above obesity needs to get special therapeutic treatment. In losing weight there are many ways that can be done such as diet, exercise, nutrition consultation to acupuncture. In acupuncture itself there are several techniques that can be used such as acupuncture slimming, mai xian, ear puncture, curapununcture, to the jin's 3 needle thread lift method which has been proven to reduce waist circumference and BMI in obesity.¹¹ Thread Lift is a facial skin tightening method by implanting PDO (Polydioxanone) protein threads into the skin. These threads can be absorbed by the skin and will dissolve in the skin slowly after 6 - 8 months. Thread lift is also useful to help tighten the skin of the arms, breasts, hips, and buttocks. In addition, thread lift can help reduce body fat, such as that found on the abdomen, arms, thighs, hips. Thread lift can also be used to help shape the body, namely on the hips, arms, thighs. thread lift can be done by all ages, especially ages that have experienced symptoms of premature aging.²

Research shows that fruits and vegetables are a great source of vitamins, minerals, antioxidants and other nutrients that help reduce chronic diseases, increase life span, boost energy, vitality and improve overall health. A daily juicing habit can help fill nutritional gaps by increasing fruit and vegetable intake, thus making a big difference to health. Studies have shown that juicing is just as effective

as consuming whole foods for health benefits.³

A fruit that can be used to help you lose weight is watermelon, besides being easily available, the price is also cheap and affordable. Watermelon can also detox our bodies from toxins contained in the food we consume. Watermelon contains 95% water which can give the effect of satiety so as to suppress hunger, high in potassium, calcium, phosphorus, magnesium, iron, zinc, nickel, vitamins A and C, as well as sugar and amaroid which functions to eliminate heat, reduce heat, relieve agitation / anxiety, diuretic.⁵ Watermelon (*Citrullus lanatus*) has a high content of antioxidants such as arginine, batain, citrulline, cucurbitacin, lycopene and pekin so it is useful for reducing cell damage in the body because it can neutralize free radicals. Watermelon fruit can reduce plasma total cholesterol and LDL cholesterol without changing triglyceride levels, HDL cholesterol, and VLDL cholesterol in obese adults.⁹ Watermelon fruit processed into juice can help lose weight.¹³

The study was conducted to determine the effectiveness of the jin's 3 needle thread lift method and watermelon juice on weight loss, BMI, waist circumference, upper arm circumference, decreased visceral fat in obese research subjects. This study also has the benefit of adding literature, roles, and information about the effectiveness of the jin's 3 needle thread lift method and watermelon juice on obesity cases.

II. METHODS

The research was conducted from January 2021 to March 2021 at the Medika Acupuncture Clinic, Jl. Ahmad Dahlan No 22 RT 01, RW01 Kauman Village, Bojonegoro District, Bojonegoro Regency, East Java. The

population in this study were patients at the Medika Acupuncture Clinic who were obese with a total of 60 people. This study used a sampling technique, namely purposive sampling. Purposive sampling is a sampling technique by considering the properties of the population or predetermined characteristics. Samples taken as research subjects are those that meet predetermined inclusion criteria.¹⁶ Samples in the study who were obese and met the inclusion and exclusion criteria were 30 people. This study uses tools and materials such as smart scale scales and built-in OKOK international applications, 29G 60mm mono-type thread lift needles, body meters, watermelon juice, 70% alcohol, cotton, tweezers, and nierbeken.

This research design is Experimental Two Group pretest-Posttest Control Design. The design in this study compared 2 groups, namely the control group of the jin's 3 needle thread lift method and the treatment group of the jin's 3 needle thread lift method and watermelon juice.

III. RESULT

The results of taking the criteria for research subjects obtained 30 people experiencing a decrease in Body Weight, Body Mass Index, Waist Circumference, Upper Arm Circumference, Visceral Fat. To find out the results of data analysis, univariate and bivariate analyses are presented. Univariate analysis discusses the characteristics of respondents based on age, occupation, contraception, Body Weight, Body Mass Index, Waist Circumference, Upper Arm Circumference, Visceral Fat before and after therapy. Meanwhile, the bivariate analysis discusses the comparison of two variables, namely Body Weight, Body Mass Index, Waist

Circumference, Upper Arm
Circumference, Visceral Fat before
and after the Jin's 3 Needle thread lift
in group 1, as well as the Jin's 3

Needle thread lift and watermelon
juice in group 2. The results of the
study are as follows:

Table 1. Univariate Analysis

Univariate Analysis								
Age Frequency			Jobs Frequency			Height Frequency		
Age	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	Jobs	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	Height	Frequency	
	N (%)		Asisten rumah tangga	0	1 (6.7%)		<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>
30-34	7 (46.7%)	9 (60%)	Ibu rumah tangga	3 (20%)	1 (6.7%)	140-150 cm	4 (26.7%)	2 (13.3%)
35-40	1 (6.7%)	2 (13.3%)	Guru	2 (13.3%)	5 (33.3%)	151-160 cm	6 (40%)	12 (80.0%)
41-45	5 (33.3%)	3 (20%)	Asdos	0	1 (6.7%)	161-170 cm	3 (20%)	1 (6.7%)
46-50	2 (13.3%)	1 (6.7%)	Wiraswas ta	1 (6.7%)	4 (26.7%)	Total	15 (100%)	15 (100%)
Total	15 (100%)	15 (100%)	Pegawai	7 (46.7%)	2 (13.3%)	Mean	155,10	156,87
Mean	37,07	36,20	Bidan	1 (6.7%)	1 (6.7%)	Median	155,00	158,00
Median	34,00	35,00	Mahasiswa	1 (6.7%)	0	Mode	155	160
Mode	30	34	Total	15 (100%)	15 (100%)			
contraception Frequency			Weight before			IMT before		
contraception	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	Weight	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	IMT	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>
Tidak menggunakan kontrasepsi	7 (53.3%)	10 (66.7%)	60-69 kg	8 (53.3%)	2 (13.3%)	25-28	8 (53.3%)	4 (26.7%)
IUD	6 (40%)	3 (20.0%)	70-79 kg	6 (40%)	6 (40%)	29-32	6 (40.0%)	5 (33.3%)
Suntik	2 (13.3%)	2 (13.3%)	80-89 kg	1 (6.7%)	3 (20%)	33-36	1 (6.7%)	3 (20.0%)
Total	15 (100%)	15 (100%)	90-99 kg	-	2 (13.3%)	37-40	-	1 (6.7%)
			100-109 kg	-	1 (6.7%)	41-43	-	1 (6.7%)
			110-115 kg	-	1 (6.7%)	44-47	-	1 (6.7%)
			Total	15 (100%)	15 (100%)	total	15 (100%)	15 (100%)
			Mean	69,65	81,48	Mean	28,96	33,11
			Median	68,40	77,78	Median	28,30	32,60
			Mode	65,5	64,60a	Mode	27,6a	26,80a
Waist circumference before			visceral fat before			Weight After		
Waist circumference	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	visceral fat	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	Weight	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>
80-89	4 (26.7%)	3 (20%)	13-15	5 (33.3%)	9 (60%)	50-59 kg	1 (6.7%)	-
90-99	9 (60%)	6 (40%)	16-18	8 (53.3%)	5 (33.3%)	60-69 kg	10 (66.7%)	4 (26.7%)

100-109	2 (13,3%)	4 (26,7%)	19-21	2 (13,3%)	1(6,7%)	70-79 k _i	4 (26,7%)	5 (33.3%)
110-119	-	2 (13,3)	Total	15 (100%)	15 (100%)	80-89 k _i	-	4 (26.7%)
Total	15 (100%)	15 (100%)	Mean	13,89	15,33	90-99 k _i	-	1 (6,7%)
Mean	93,07	97,80	Median	13,70	14,50	100-109 k _i	-	1 (6,7%)
Median	92,00	98,00	Mode	13	13,30 ^a	Total	15 (100%)	15 (100%)
Mode	91	100,00				Mean	68,13	78,84
						Media n	67,80	75,85
						Mode	63,0 ^a	62,00 ^a
IMT After			LILA After			Visceral Fat After		
IMT	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	LILA	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>	Visceral Fat	<i>threadlift jin's 3 needle</i>	<i>threadlift jin's 3 needle & watermelon juice</i>
25-28	10 (66,7%)	3 (20%)	100-109	5 (33,3%)	6 (40%)	10-12	6 (40%)	9 (60%)
29-32	5 (33,3%)	8 (53,3%)	110-119	8 (53,3%)	6 (40%)	13-15	9 (60%)	2 (13,3%)
33-36	-	1 (6,7%)	120-129	2 (13,3%)	3 (20%)	16-18	-	3 (20%)
37-40	-	1 (6,7%)	Total	15 (100%)	15 (100%)	19-21	-	1 (6,7%)
41-43	-	2 (13,3%)	Mean	113,97	115,02	Total	15 (100%)	15 (100%)
total	15 (100%)	15 (100%)	Median	115,70	115,70	Mean	13,03	13,64
Mean	28,35	32,07	Mode	109 ^a	108,70	Media n	13,30	12,70
Median	27,70	31,20				Mode	14,0	12,50 ^a
Mode	27,3	26,00 ^a						

2. Bivariate Analysis

Table 2. Bivariate Analysis

Bivariate Analysis								
Normality Test				Wilcoxon Test				
Group	Variable	N	Shapir o Wilk (Sign)	Group	Variable	N	Mean	Asymp . Sig. (z- tailed)
<i>threadlift jin's 3 needle</i>	<i>Pre Test</i>		,001	<i>threadlift jin's 3 needle</i>	<i>Pre Test</i>		8,00	
	BB <i>Post Test</i>		,000		BB <i>Post Test</i>		,00	,001
	<i>Pre Test</i>		,001		<i>Pre Test</i>		7,62	
	LILA <i>Post Test</i>		,001		LILA <i>Post Test</i>		6,00	,003
	<i>Pre Test</i>	15	,000		<i>Pre Test</i>	15	8,00	
	LP <i>Post Test</i>		,000		LP <i>Post Test</i>		,00	,001
	<i>Pre Test</i>		,000		<i>Pre Test</i>		8,00	
	IMT <i>Post Test</i>		,000		IMT <i>Post Test</i>		,00	,001
<i>threadlift jin's 3 needle & watermelon juice</i>	<i>Pre Test</i>		,000	<i>threadlift jin's 3 needle & watermelon juice</i>	<i>Pre Test</i>		7,50	
	Viscer al Fat <i>Post Test</i>		,000		Visce ral Fat <i>Post Test</i>		,00	,001
	<i>Pre Test</i>		,003		<i>Pre Test</i>		8,00	
	BB <i>Post Test</i>		,003		BB <i>Post Test</i>		,00	,001
	<i>Pre Test</i>	15	,005		<i>Pre Test</i>	15	7,50	
	LILA <i>Post Test</i>		,004		LILA <i>Post Test</i>		,00	,001
	<i>Pre Test</i>		,000		<i>Pre Test</i>		8,00	
	LP <i>Post Test</i>		,000		LP <i>Post Test</i>		,00	,001
	IMT <i>Pre Test</i>		,000		IMT <i>Pre Test</i>		8,00	,001

	<i>Post Test</i>	,000		<i>Post Test</i>	,00	
<i>Viscer</i>	<i>Pre Test</i>	,000	<i>Visce</i>	<i>Pre Test</i>	8,00	
<i>al Fat</i>	<i>Post Test</i>	,000	<i>ral Fat</i>	<i>Post Test</i>	,00	,001

IV. DISCUSSION

1. Univariate Analysis

a. Based on Age

From table 1 above, it can be seen that in the threadlift group, the most research subjects were aged between 30-34 years with a percentage of 46.7% and the least 35-40 years with a percentage of 6.7%, while in the thread lift and Watermelon Juice group, the most research subjects were aged 30-34 years with a percentage of 60% and the least 46-50 years, namely 6.7%. Obesity is closely related to age, because with increasing age, the metabolism that occurs in the body will decrease, causing biological changes.¹²

The amount of fat in a person's body in line with increasing age increases, this is due to slowing metabolic processes and reduced physical activity. Most of the obesity, the fat is stored in the abdomen, and the rest is deposited on the hips and thighs.¹ When you get older and less active, the body's muscle mass tends to decrease, causing a slowdown in the rate of calorie burning which makes it more difficult for the body to burn calories that enter the body. Increasingly, there will be a buildup of energy in the body which has an impact on obesity.²⁰

b. By Occupation

From table 1 above, it is known that in the jin's 3 needle thread lift group, the most occupations of the research subjects are employees, namely 7 people with a percentage of 46.7% as well as the jin's 3 needle thread lift group and watermelon juice, the most occupations of the

research subjects are teachers with a percentage of 5 people (33.3%).

This is in accordance with research conducted by Sugiyanti *et al.* (2009) that there is a real relationship between work and the incidence of obesity because it is related to heavy physical activity that involves energy expenditure. The results of the analysis show that housewives have a higher incidence rate ($p < 0.05$).¹⁷

c. Based on contraception

From table 1 above, it is known that in the jin's 3 needle thread lift group, the most contraceptive research subjects are No contraception, namely 8 people with a percentage of 53.3% as well as the jin's 3 needle thread lift group and watermelon juice, the most contraceptive research subjects are not contraceptive with a percentage of 10 people (66.7%).

According to the use of hormonal contraceptives in women of childbearing age (WUS) is also considered as a factor that causes weight gain which if not controlled will lead to obesity. For example, in the use of pills, contraceptive pills can increase body weight due to the content of the hormones estrogen and progesterone contained in contraceptive pills, where estrogen hormones cause fluid retention and oedema, while progesterone facilitates the accumulation of carbohydrates and sugar into fat and stimulates appetite and reduces physical activity, as a result the use of contraceptive pills can cause weight gain in users.¹⁴

d. Height

Based on the table 1 above, it is known that the average height in the jin's 3 needle thread lift group is 155.10cm. While the average height in the jin's 3 needle thread lift group and watermelon juice is 156.87 cm. Height is used to determine the BMI value with the formula body weight (kg): body height² (m²).⁷

2. Bivariate Analysis

From the results of the study, data were taken to determine the effectiveness of the jin's 3 needle thread lift method and watermelon juice on obesity by measuring body weight, body mass index, waist circumference, upper arm circumference, visceral fat at Medika Bojonegoro.

In the wilcoxon test, group 1 measurements of body weight, before and after the jin's 3 needle thread lift method found that the significance value of $p = 0.001$, LILA found that the significance value of $p = 0.003$, waist circumference found that the significance value of $p = 0.001$, BMI found that the significance value of $p = 0.001$, visceral fat found that the significance value of $p = 0.001$. Because the p value <0.05 is obtained, H_0 is rejected, H_a is accepted, from the results of this analysis it can be concluded that there is a significant influence between measurements before and after treatment on BW, BMI, LILA, LP, visceral fat. So that the jin's 3 needle thread lift method is effective against obesity in Medika Acupuncture, Bojonegoro.

In the Wilcoxon test group 2 measurements of body weight, before and after the jin's 3 needle thread lift method and watermelon juice obtained that the significance value of $p = 0.001$, LILA obtained that the significance value of $p = 0.001$, waist circumference obtained that the significance value of $p = 0.001$, BMI obtained that the

significance value of $p = 0.001$, visceral fat obtained that the significance value of $p = 0.001$. Because the p value <0.05 is obtained, H_0 is rejected, H_a is accepted, from the results of this analysis it can be concluded that there is a significant effect between measurements before and after treatment on BW, BMI, LILA, LP, visceral fat. So that the jin's 3 needle thread lift method is effective against obesity at Medika Acupuncture, Bojonegoro.

Based on research conducted by Ningtyas (2018), researching the effectiveness of Jin's 3 Needle thread lift method, obesity. This type of research is Experimental pretest Posttest Control Group Designs. The research location was SMP N 2 Colomadu in March-June 2017.¹¹ The population is teachers and employees at SMPN 2 Colomadu, namely 60 people. The dependent variable is the decrease in waist circumference and BMI, the independent variable is thread lift with Jin's 3 Needle method. The sample was 33 people with purposive sampling technique. Data analysis in this study using the unpaired T test. The results showed that the mean BMI value before therapy was 27.15 kg/m² and after therapy was 26.71 kg/m² (CI: 0.29 - 0.60), with a standard deviation of 0.434. While the results of the mean value of waist circumference before therapy 96.79 cm and after therapy 93.62 cm (CI: 2.40-3.93), with a standard deviation of 2.160. After the test, p value $0.001 < 0.05$ where H_0 is rejected and H_a is accepted. The threadlift method with Jin's 3 Needle is effective in obesity.

Stabbing at points CV 12 Zhongwan, GB 26 Daimai, and ST 36 Zusanli will increase the heating action on fat tissue, increase hypothalamic leptin, inhibit neuropeptide Y secretion and stimulate lipolysis. In addition, the local effect of puncturing the points in

the abdomen or abdominal region can reduce the circumference of the abdomen by local metabolism of adipose tissue.²¹

Point ST 36 Zusanli with low frequency for 15 minutes, acupuncture to lysis of fat tissue and reduce waist circumference. Acupuncture plays a role in improving mood by releasing neurotransmitters to suppress appetite with serotonin to reduce stress and depression. Acupuncture plays a role at the Central Nervous System (CNS) level for weight loss by stimulating peripheral nerves to increase satiety and control mood.⁸

Based on research conducted by Priyo (2020), researching the effectiveness of watermelon juice and fitness exercises on weight loss in obese children.¹³ The results showed a decrease in body weight in obese elementary school children, both with watermelon juice and fitness exercises. The results of the independent t test analysis, in watermelon juice therapy showed a p-value of 0.00 and the Wilcoxon test on fitness exercises p-value 0.04, which means that both therapies have an influence in reducing weight. Watermelon can detox our bodies because it contains 95% water so that it can cause a sense of satiety, high in potassium, calcium, phosphorus, magnesium, iron, zinc, nickel, vitamins A and C, as well as sugar and amaroid which functions to eliminate heat, reduce heat, relieve agitation / anxiety, diuretic.⁵ Watermelon (*Citrullus lanatus*) also has a high content of antioxidants such as arginine, batatin, citrulline, cucurbitacin, lycopene and pekin. so it is useful for reducing cell damage in the body because it can neutralize free radicals. Watermelon fruit can reduce plasma total cholesterol and LDL cholesterol without changing triglyceride levels, HDL cholesterol, and VLDL cholesterol in obese adults.⁹

V. CONCLUSION

Characteristics of research subjects based on:

- a. Age, it is known that in the jin's 3 needle thread lift group the average age of the research subjects is 37.07 years, the jin's 3 needle thread lift group and watermelon juice average age is 36.2 years.
 - b. Occupation, it is known that in the jin's 3 needle thread lift group, the most occupation of the research subject is an employee, namely 7 people with a percentage of 46.7%, while with the jin's 3 needle thread lift group and watermelon juice, the most occupation of the research subject is a teacher with a percentage of 5 people (33.3%).
 - c. Contraception, it is known that in the threadlift jin's 3 needle group the most contraceptive research subjects are not using contraception, namely 8 people with a percentage of 53.3% as well as with the threadlift jin's 3 needle and watermelon juice group the most contraceptive research subjects are not contraceptive with a percentage of 10 people (66.7%).
 - d. Height, it is known that the average height in the jin's threadlift 3 needle group is 155.10 cm. While the average height in the jin's 3 needle thread lift group and watermelon juice is 156.87 cm.
2. The average body weight of the research subjects in group 1 before the jin's 3 needle thread lift method was 69.65 kg, waist circumference 93.07cm, upper arm circumference 118.9%, visceral fat 13.89, BMI 28.9 kg/m².
 3. The average body weight of the research subjects in group 1 after the jin's 3 needle thread lift method was 68.1kg, waist circumference 88.93 cm, upper arm circumference 113.97%, visceral fat 13.03, BMI 28.3 kg/m².
 4. The average body weight of the research subjects in group 2 before the jin's 3 needle thread lift method and

watermelon juice was 81.4kg, waist circumference 97.8cm, upper arm circumference 123.3%, visceral fat 15.3, BMI 33.1 kg/m².

5. The average body weight of the research subjects in group 2 after the jin's 3 needle thread lift method and watermelon juice was 78.8 kg, waist circumference 91.6 cm, upper arm circumference 115%, visceral fat 13.6, BMI 32 kg/m².
6. The weight of the research subjects in group 1 after the jin's 3 needle thread lift method was reduced by an average of 1.55kg. waist circumference 4.77cm, upper arm circumference 4.93%. visceral fat 0.86. BMI 0.6 kg/m².
7. The weight of the research subjects in group 1 after the jin's 3 needle thread lift method was reduced by an average of 2.6 kg, waist circumference 6.2 cm, upper arm circumference 8.3%, visceral fat 1.7. BMI 1.1 kg / m².
8. From the results of the Wilcoxon test, body weight, BMI, waist circumference, upper arm circumference and visceral fat obtained p 0.001, 0.001, 0.001, 0.001, 0.001, <0.05 , then H_0 is rejected and H_a is accepted. This proves that the jin's 3 needle thread lift method and watermelon juice are effective against obesity at Medika Acupuncture.

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