

ABSTRAK

Frenika Sipayung: *Evaluasi Hair Tonic Ekstrak Daun Jambu Biji Pada Mahasiswa Prodi Pendidikan Tata Rias Universitas Negeri Medan*

Kerontokan rambut merupakan permasalahan umum yang banyak dialami oleh masyarakat, termasuk kalangan mahasiswa. Faktor penyebabnya beragam, seperti stres, pola makan tidak seimbang, penggunaan produk berbahan kimia. Penggunaan produk kimia dalam jangka panjang dapat mengiritasi kulit kepala dan melemahkan akar rambut. Hasil pra-studi terhadap 100 mahasiswi Universitas Negeri Medan menunjukkan bahwa 87% mengalami rambut rontok, dan 68% lebih memilih produk berbahan alami karena dinilai lebih aman. Berdasarkan fenomena tersebut, dilakukan penelitian pengembangan *hair tonic* berbahan ekstrak daun jambu biji (*Psidium guajava* L) yang mengandung senyawa aktif seperti flavonoid, tanin, dan vitamin yang berfungsi memperkuat akar rambut, mengurangi kerontokan, serta menjaga kesehatan kulit kepala.

Penelitian ini menggunakan metode deskriptif kuantitatif dan dilaksanakan di Laboratorium Tata Rias Universitas Negeri Medan pada Agustus–September 2025. Ekstraksi daun jambu biji dilakukan dengan metode maserasi menggunakan etanol 96%, kemudian diformulasikan menjadi *hair tonic* dengan konsentrasi ekstrak 2%. Uji hedonik dilakukan terhadap 72 panelis mahasiswa Prodi Pendidikan Tata Rias dengan enam indikator penilaian, yaitu warna, aroma, tekstur, sensasi saat diaplikasikan, aroma setelah digunakan, dan kenyamanan keseluruhan.

Hasil penelitian menunjukkan bahwa *hair tonic* memiliki pH 6,4, viskositas 45 cP, dan tidak menimbulkan iritasi, sehingga dinilai aman digunakan. Seluruh indikator memperoleh rata-rata skor di atas 4,00 dengan tingkat kesukaan lebih dari 85% (kategori sangat disukai). Indikator tertinggi adalah sensasi saat diaplikasikan dengan rata-rata 4,46 dan persentase 89,17%, sedangkan terendah adalah tekstur rata-rata 4,33 dan persentase 86,67%. Warna kecokelatan produk berasal dari kandungan tanin yang memberikan warna alami khas bahan herbal. Aroma segar yang disukai panelis berasal dari bau khas ekstrak daun jambu biji yang alami. Tekstur ringan dan tidak lengket dihasilkan oleh kombinasi bahan dasar pelarut etanol dan propilen glikol yang menjaga viskositas produk agar mudah diserap. Sensasi dingin dan segar saat diaplikasikan disebabkan oleh adanya etanol yang memberikan efek menyegarkan pada kulit kepala. Dan kandungan flavonoid sebagai antioksidan yang mampu melindungi sel-sel rambut dan menetralkan kerusakan rambut akibat radikal bebas. Dengan demikian, *hair tonic* ekstrak daun jambu biji dinilai aman, nyaman, dan berpotensi dikembangkan sebagai produk perawatan rambut alami yang mendukung tren kosmetika herbal berkelanjutan.

Kata kunci: *Hair tonic*, Daun jambu biji, *Psidium guajava* L, Uji hedonik

ABSTRACT

Frenika Sipayung: *Evaluation of Guava Leaf (*Psidium guajava* L) Extract Hair Tonic on Cosmetology Education Students at Universitas Negeri Medan.*

Hair loss is a common problem experienced by many people, including university students. The causes vary, such as stress, unbalanced nutrition, and the use of chemical-based hair products. Long-term use of chemical products can irritate the scalp and weaken hair roots. A pre-study conducted on 100 female students at Universitas Negeri Medan showed that 87% experienced hair loss, and 68% preferred natural-based products because they are considered safer. Based on this phenomenon, a study was conducted to develop a hair tonic formulated from guava leaf extract (*Psidium guajava* L.), which contains active compounds such as flavonoids, tannins, and vitamins that help strengthen hair roots, reduce hair loss, and maintain scalp health.

This research employed a quantitative descriptive method and was carried out at the Beauty Education Laboratory, Universitas Negeri Medan, during August–September 2025. Guava leaves were extracted using the maceration method with 96% ethanol as the solvent, then formulated into a hair tonic containing 2% guava leaf extract. The hedonic test was conducted on 72 panelists from the Beauty Education Study Program, with six sensory indicators: color, aroma, texture, sensation during application, aroma after application, and overall comfort.

The results showed that the hair tonic had a pH of 6.4, a viscosity of 45 cP, and caused no irritation, indicating that it is safe for use. All sensory indicators obtained an average score above 4.00, with an acceptance level exceeding 85% (highly liked category). The highest-rated indicator was sensation during application, with an average score of 4.46 (89.17%), while the lowest-rated indicator was texture, with an average score of 4.33 (86.67%). The brownish color of the product originated from the tannin content, which provides a natural herbal hue. The pleasant fresh aroma came from the natural scent of guava leaf extract. The light and non-sticky texture resulted from a combination of ethanol and propylene glycol, maintaining proper viscosity for easy absorption. The cool and refreshing sensation during application was due to ethanol, which gives a soothing effect on the scalp. Meanwhile, the flavonoid content acts as an antioxidant that protects hair cells and neutralizes damage caused by free radicals. Therefore, the guava leaf extract hair tonic is considered safe, comfortable, and has great potential to be developed as a natural hair care product that supports the trend of sustainable herbal cosmetics.

Keywords: *Hair tonic, Guava leaf, Psidium guajava* L, *Hedonic test.*