

Analisis Organoleptik Makanan Ringan Berbahan Baku Rumput Laut (*Ulva sp.*), Labu Kuning (*Cucurbita moschata*), dan Ikan Tuna (*Thunnus sp.*) sebagai Solusi Mengatasi Anemia

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INTISARI

Latar Belakang : Remaja putri memiliki resiko terkena anemia sangat tinggi atau sepuluh kali lipat daripada remaja putra dikarenakan remaja putri mengalami menstruasi setiap bulan sehingga asupan zat besi yang dibutuhkan lebih banyak. Upaya yang dilakukan pemerintah saat ini untuk menanggulangi anemia yaitu pemberian suplementasi Tablet Tambah Darah (TTD) namun kurang efektif. Maka dibuatlah makanan ringan yang berbahan dasar dari rumput laut, labu kuning dan ikan tuna yang diharapkan dapat menjadi alternatif lain untuk mengatasi permasalahan anemia.

Tujuan Penelitian: Mengetahui karakteristik organoleptik terbaik berdasarkan perbedaan formulasi makanan ringan berbahan baku rumput laut (*Ulva sp.*), labu kuning (*Cucurbita moschata*), dan ikan tuna (*Thunnus sp.*) sebagai solusi mengatasi anemia.

Metode Penelitian : Produk makanan ringan dibuat dengan 5 formulasi berbeda yaitu makanan ringan tanpa rumput laut dan ikan tuna (kontrol), makanan ringan dengan 15 gram rumput laut dan 25 gram ikan tuna, makanan ringan dengan 20 gram rumput laut dan 20 gram ikan tuna, makanan ringan dengan 25 gram rumput laut dan 15 gram ikan tuna serta makanan ringan dengan 30 gram rumput laut dan 10 gram ikan tuna. Dilakukan uji organoleptik produk makanan ringan terhadap 30 panelis semi terlatih dan dilakukan uji statistik dengan *Kruskall-Wallis* dan uji lanjutan *Mann-Whitney* untuk melihat kesukaan panelis terhadap warna, aroma, rasa, tekstur dan keseluruhan produk.

Hasil : Perbedaan formulasi makanan ringan dengan rumput laut, labu kuning dan ikan tuna mempengaruhi secara bermakna terhadap sifat fisik warna ($p= 0,017$) namun tidak mempengaruhi secara bermakna aroma, rasa, tekstur dan keseluruhan produk. Karakteristik organoleptik terbaik berdasarkan perbedaan formulasi makanan ringan berbahan baku rumput laut (*Ulva sp.*), labu kuning (*Cucurbita moschata*), dan ikan tuna (*Thunnus sp.*) sebagai solusi mengatasi anemia yaitu pada makanan dengan 30 gram rumput laut dan 10 gram ikan tuna dikarenakan mendapatkan rerata tertinggi dalam rasa dan tekstur sehingga secara keseluruhan lebih disukai oleh panelis. Sedangkan untuk rerata kesukaan panelis terhadap warna dan aroma tertinggi yaitu pada makanan ringan tanpa penambahan rumput laut dan ikan tuna.

Kesimpulan: Karakteristik organoleptik terbaik berdasarkan perbedaan formulasi makanan ringan berbahan baku rumput laut (*Ulva sp.*), labu kuning (*Cucurbita moschata*), dan ikan tuna (*Thunnus sp.*) yaitu pada makanan dengan 30 gram rumput laut dan 10 gram ikan tuna.

Kata Kunci : Anemia, Organoleptik, Remaja Putri, Rumput Laut, Labu Kuning, Ikan Tuna

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Organoleptik Analysis of Snack Made from Seaweed (*Ulva sp.*), Pumpkin (*Cucurbita moschata*), and Tuna (*Thunnus sp.*) as Solutions to Overcome Anemia

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ABSTRACT

Background : Adolescent girls have a very high risk of anemia or ten times that young men because young women experience menstruation every month so that they need more iron intake. Effort made by the government at this time to overcome anemia are the blood- supplementation tablets, but they are not effective. So snacks made from seaweed, pumpkin and tuna are made which are expected to be another alternative to overcome the problem of anemia.

Objectives: Knowing the best organoleptik characteristics based on differences in the formulation of snacks made from seaweed (*Ulva sp.*), Pumpkin (*Cucurbita moschata*), and tuna (*Thunnus sp.*) as a solution to overcome anemia.

Methods : Snack products were made with 5 different formulations, snacks without seaweed and tuna (kontrol), snacks with 15 grams of seaweed and 25 grams of tuna, snacks with 20 grams of seaweed and 20 grams of tuna, snacks with 25 grams of seaweed and 15 grams of tuna and snacks with 30 grams of seaweed and 10 grams of tuna. Organoleptik tests of snack products were carried out on 30 semi-trained panelists and statistical tests were carried out with *Kruskall-Wallis* and *Mann-Whitney* follow-up tests to see the panelists' preferences for color, aroma, taste, texture and overall product.

Result : The different formulations of snacks with seaweed, pumpkin and tuna significantly affected the physical color properties ($p= 0.017$) but did not significantly affect the aroma, taste, texture and overall product. The best organoleptik characteristics based on differences in the formulation of snacks made from seaweed (*Ulva sp.*), pumpkin (*Cucurbita moschata*), and tuna (*Thunnus sp.*) as a solution to overcome anemia, namely in foods with 30 grams of seaweed and 10 grams of tuna. Its gets the highest average in taste and texture so that it is generally preferred by the panelists. Meanwhile, the panelists average preference for color and scent was the highest, namely snacks without the addition of seaweed and tuna.

Conclusion: The best organoleptik characteristics based on differences in the formulation of snacks made from seaweed (*Ulva sp.*), pumpkin (*Cucurbita moschata*), and tuna (*Thunnus sp.*), namely in foods with 30 grams of seaweed and 10 grams of tuna. because it gets the highest average scent, taste and texture so that it is generally preferred by the panelists. Meanwhile, the panelists' average preference for color was the highest, namely snacks without the addition of seaweed and tuna.

Keyword : Anemia, Organoleptic, Adolescent Girls, Seaweed, Pumpkin, Tuna

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