

**PENGARUH SUBSTITUSI KUBIS MERAH (*Brassica oleracea* L.)
TERHADAP AKTIVITAS ANTIOKSIDAN DAN
KUALITAS FISIK SOSIS DAGING AYAM**

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INTISARI

Substitusi sayuran dalam produk olahan daging telah menjadi perhatian utama dalam pengembangan makanan yang lebih sehat dan menarik bagi konsumen. Penelitian ini bertujuan untuk mengetahui pengaruh substitusi kubis merah terhadap aktivitas antioksidan dan kualitas fisik sosis daging ayam. Pembuatan sosis daging ayam dilakukan sesuai dengan substitusi kubis merah pada level 0, 10, 15, 20, dan 25% dari berat total adonan sosis. Setiap perlakuan diulang sebanyak tiga kali. Variabel yang diuji antara lain aktivitas antioksidan dan kualitas fisik sosis yang meliputi pH, keempukan, dan daya ikat air. Aktivitas antioksidan diuji dengan metode DPPH. Data hasil aktivitas antioksidan dan kualitas fisik dianalisis dengan menggunakan *Analysis of Variance* (ANOVA) dengan Rancangan Acak Lengkap (RAL) dengan pola searah. Perbedaan yang signifikan dilanjutkan dengan analisis uji *Duncan's New Multiple Range Test* (DMRT). Hasil penelitian menunjukkan bahwa kubis merah memberikan pengaruh nyata ($P < 0,05$) terhadap aktivitas antioksidan sosis daging ayam yaitu 17,90; 40,92; 69,95; 72,46; dan 74,56%. Substitusi kubis merah tidak berpengaruh nyata pada kualitas fisik sosis ($P > 0,05$). Kesimpulan dari penelitian substitusi kubis merah pada sosis daging ayam dapat meningkatkan aktivitas antioksidan dan tidak berpengaruh pada pH, keempukan, dan daya ikat air. Sosis dengan substitusi 20% kubis merah dari berat adonan sosis menunjukkan nilai terbaik berdasarkan aktivitas antioksidan dan kualitas fisik.

(Kata kunci: Sosis, Daging ayam, Kubis merah, Antioksidan, Kualitas fisik)

**THE EFFECT OF RED CABBAGE (*Brassica oleracea* L.)
SUBSTITUTION ON ANTIOXIDANT ACTIVITY AND
PHYSICAL QUALITY OF CHICKEN SAUSAGES**

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ABSTRACT

The substitution of vegetables in processed meat products has been a major concern in the development of healthier and more appealing foods for consumers. This research aims to determine the effect of adding red cabbage on the antioxidant activity and physical quality of chicken sausage. The making of chicken sausage was carried out according to the substitution of red cabbage at levels of 0, 10, 15, 20, and 25% of the total weight of the sausage dough. Each treatment was repeated three times. Variables tested included antioxidant activity and physical quality of sausages including pH, tenderness, and water binding capacity. Antioxidant activity was tested using the DPPH method. The data of antioxidant activity and physical quality were analyzed using Analysis of Variance (ANOVA) with Completely Randomized Design (CRD) with a one-way pattern. Significant differences were further analyzed using Duncan's New Multiple Range Test (DMRT). The results showed that red cabbage had a significant effect ($P < 0.05$) on the antioxidant activity of chicken sausage, which were 17.90; 40.92; 69.95; 72.46; and 74.56%. The substitution of red cabbage did not have a significant effect on the physical quality of sausages ($P > 0.05$). The conclusion of the study is that the substitution of red cabbage to chicken sausage can increase antioxidant activity and does not affect pH, tenderness, and water binding capacity. Sausages with the substitution of 20% red cabbage from the weight of the sausage dough showed the best value based on antioxidant activity and physical quality.

(Keywords: Sausage, Chicken meat, Red cabbage, Antioxidant, Physical quality)