

Intisari

PENGOLAHAN DAN ANALISIS MUTU GARAM MANDI (*BATH SALT*) YANG DIPERKAYA TEPUNG RUMPUT LAUT *Sargassum* sp.

Garam krosok dan rumput laut memiliki banyak manfaat di bidang pangan dan non pangan. Rumput laut mengandung senyawa antioksidan yang potensial digunakan sebagai bahan tambahan garam mandi. Tujuan penelitian adalah mengolah dan menganalisis mutu serta aktivitas antioksidan dari garam mandi yang diperkaya tepung *Sargassum* sp. Penelitian dilakukan dalam 4 tahapan, yaitu: pengolahan tepung *Sargassum* sp.; pengujian tepung *Sargassum* sp.; pengolahan garam mandi; dan uji garam mandi. Perlakuan yang dicobakan adalah rasio penambahan tepung *Sargassum* sp. sebesar 0% (p0), 2% (p1), 4% (p2), dan 6% (p3). Data hasil penelitian dianalisis secara statistik pada tingkat signifikansi 95%. Rendemen tepung *Sargassum* sp. yang dihasilkan yaitu 12,5%, kadar air 10,39%, dan aktivitas antioksidan 33,16%. Rerata kadar air garam mandi berkisar antara 4,10-4,37%; pH (6,31 - 7,05), tinggi busa (0,13 - 0,43 cm), waktu larut (1,32 - 1,44 menit), serta rerata nilai IC₅₀ sebesar 100.921 - 261.841 ppm. Dari hasil uji QDA, diperoleh 12 atribut sensori, yaitu aroma minyak esensial lavender, aroma minyak kayu putih, aroma mint, aroma rumput laut kering, kenampakan putih garam, kilap gula batu, coklat momogi, tekstur keras, garam kasar, butiran pasir, licin, dan kesat. Harga jual garam mandi yang dihasilkan adalah sebesar Rp92.520,00 per unit. Penambahan tepung *Sargassum* sp. dalam garam krosok berpengaruh signifikan terhadap mutu garam mandi.

Kata kunci: garam krosok, tepung *Sargassum* sp., garam mandi, antioksidan

Abstract

**PROCESSING AND QUALITY ANALYSIS OF BATH SALT ENRICHED
WITH *Sargassum* sp. SEAWEED FLOUR**

Crude salt and seaweed have many benefits in the food and non-food sectors. Seaweed contains antioxidant compounds that have the potential to be used as additional ingredients for bath salts. The research aimed to process and analyze the quality and antioxidant activity of bath salts enriched with *Sargassum* sp. flour. The research was carried out in 4 stages: *Sargassum* sp. flour processing; *Sargassum* sp. flour analysis; bath salt processing; and bath salt analysis. The treatment was the ratio of adding *Sargassum* sp. flour of 0% (p0), 2% (p1), 4% (p2), and 6% (p3). The research data were analyzed statistically at a significance level of 95%. The yield of *Sargassum* sp. flour was 12.5%, moisture content was 10.39% and antioxidant activity was 33.16%. The average water content of bath salts ranges from 4.10-4.37%; pH (6.31 - 7.05), foam height (0.13 - 0.43 cm), dissolving time (1.32 - 1.44 minutes), and average IC₅₀ value was 100,921 - 261,841 ppm. From the QDA test results, 12 sensory attributes were obtained, namely the aroma of lavender essential oil, eucalyptus oil, mint, dried seaweed, the white appearance of salt, the shine of rock sugar, chocolate momogi, hard texture, coarse salt, sand grains, slippery, and rude. The selling price of the bath salt produced is IDR 92,520.00 per unit. The study concluded that adding *Sargassum* sp. flour significantly affects the quality of bath salts across several parameters.

Keywords: crude salt, *Sargassum* sp. flour, bath salt, antioxidant