

**INOVASI DAN KARAKTERISASI EMOSENSORIS MINUMAN SUMBER
PROTEIN BERBASIS SUSU, KEDELAI (*Glycine max* (L.) Merr.), DAN
KACANG MERAH (*Phaseolus vulgaris* L) UNTUK IBU MENYUSUI**

INTISARI

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Prevalensi *stunting* di Kecamatan Ponjong Gunungkidul masih sangat tinggi karena konsumsi protein ibu menyusui belum memenuhi Angka Kecukupan Gizi (AKG). Konsumsi minuman sumber protein menjadi salah satu cara pencegahan *stunting* secara spesifik. Bahan dari susu dan kacang-kacangan merupakan bahan yang mudah didapatkan dan diaplikasikan untuk produksi minuman sumber protein. Pada penelitian ini akan dikembangkan formula minuman sumber protein dengan variasi kadar protein dan tekstur. Penelitian ini bertujuan untuk mengetahui preferensi ibu menyusui dan karakter emosensoris minuman sumber protein.

Penelitian ini mengembangkan 4 jenis formula minuman sumber protein, yaitu Formula A, B, A saring, dan B saring, yang memiliki variasi kadar protein untuk memenuhi AKG Ibu menyusui sebesar 17%, 24%, 9%, dan 14%. Sifat fisik tekstur minuman diuji dengan viskometer, sifat sensoris dan emosensoris minuman diuji secara hedonik oleh ibu menyusui di Kecamatan Ponjong. Borang uji sensoris dirancang dengan metode *scoring* skala 1 sampai 6 untuk aspek hedonik, emosional, dan keinginan. Data kemudian dianalisis menggunakan one-way ANOVA dan dilakukan uji *post hoc* Duncan.

Berdasarkan analisis sensoris diperoleh bahwa formula saring lebih disukai baik dari tekstur (viskositas rendah), rasa maupun keseluruhan. Dari segi emosensoris, formula saring secara umum menimbulkan emosi positif yang lebih tinggi dan emosi negatif yang lebih rendah. Formula yang paling disukai oleh konsumen pada penelitian ini secara umum adalah Formula A saring baik dari segi sensoris, emosensoris, dan keinginan. Hal ini menunjukkan bahwa ibu menyusui di Kecamatan Ponjong masih mengutamakan aspek sensoris terutama tekstur dibandingkan dengan aspek nilai gizi terutama protein dari suatu produk pangan.

Kata kunci : minuman sumber protein, tekstur, uji hedonik, uji emosensoris

**INNOVATION AND EMOSENSORY CHARACTERIZATION OF
PROTEIN SOURCE BEVERAGE BASED ON MILK, SOYBEAN (*Glycine
max* (L.) Merr.), AND RED BEANS (*Phaseolus vulgaris* L) FOR
BREASTFEEDING MOTHERS**

ABSTRACT

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The prevalence of stunting in Ponjong, Gunungkidul is still very high because the consumption of protein from breastfeeding mothers has not met the Nutrition Adequacy Rate standard. Consumption of protein source beverages is one of the specific ways to prevent stunting. Ingredients from milk and beans are easily obtained and applied for the production of protein source beverages. This research will develop a protein source beverage formula with variations in protein content and process. This study aims to determine the preferences and emosensory characteristic of breastfeeding mothers towards protein source beverage with various variations in protein levels.

This study developed 4 types of protein source beverage formulas, namely A, B, A filtered, and B filtered formula, which have variations in protein content to meet the Nutrition Adequacy Rate of nursing mothers by 17%, 24%, 9%, and 14%. The physical properties of the beverage texture were tested with a viscometer, the sensory and emosensory properties of the drinks were tested hedonically by breastfeeding mothers in Ponjong. Sensory test forms are designed with scoring methods on a scale of 1 to 6 for hedonic, emotional, and desire aspects. Data were then analyzed using one-way ANOVA and Duncan's post hoc test.

Based on sensory analysis, it was found that the filtered formula was preferred both in texture (low viscosity), taste and overall. From an emotional aspect, the filtered formula generally generates higher positive emotions and lower negative emotions. The formula most favored by consumers in this study is that A filtered formula both in terms of sensory, emotional and consumer desires. This shows that breastfeeding mothers in Ponjong still prioritize sensory aspects, especially texture compared to aspects of nutritional value, especially protein from a food product.

Keywords: protein beverage, texture, hedonic test, emotional test