

**PENGARUH SUHU DAN KATUP BUKAAN VENTILASI TERHADAP  
KANDUNGAN TOTAL FENOL DAN AKTIVITAS ANTIOKSIDAN  
SEDUHAN TEH BUNGA TELANG (*Clitoria ternatea* L.)**

**Oleh:**

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**ABSTRAK**

Bunga telang (*Clitoria ternatea* L.) merupakan bunga liar yang sering dijumpai di tepi sawah dan perkebunan. Bunga telang yang tersebar di Indonesia identik berwarna biru, sehingga saat ini pemanfaatan bunga telang masih terbatas. Guna mengoptimalkan pemanfaatan bunga telang perlu dilakukan pengeringan bunga telang untuk memperpanjang umur simpan dan kualitas yang stabil selama penyimpanan. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh penggunaan suhu dan laju pengeringan terhadap total fenol dan aktivitas antioksidan seduhan teh bunga telang. Pengeringan bunga telang dilakukan pada suhu 50°C, 55°C, dan 60°C pada persentase bukaan katup *inlet* 20%. Sementara pada persentase bukaan katup *inlet* 0%, 10%, dan 20% serta suhu udara pengering 60°C. Masing-masing perlakuan dilakukan secara duplikasi (2 kali pengulangan). Kadar air selama pengeringan diukur setiap 30 menit sekali hingga kadar air akhir bunga telang maksimal 8%. Bunga telang dengan kadar air maksimal 8% selanjutnya digunakan untuk pengujian total fenol dan aktivitas antioksidan. Total fenol diuji menggunakan metode Folin-Ciocalteu, sedangkan aktivitas antioksidan diukur menggunakan metode DPPH. Pada pengujian seduhan teh bunga telang diketahui bahwa hasil kandungan total fenol dan aktivitas antioksidan tertinggi adalah pada perlakuan suhu udara pengering 50°C dan persentase bukaan katup *inlet* 20% yaitu kandungan total fenol sebesar 19,09 mg/ml dan aktivitas antioksidan sebesar 74,43%. Sehingga proses pengeringan teh bunga telang terbaik pada penelitian yang dilakukan adalah perlakuan suhu udara pengering 50°C bukaan katup *inlet* 20%.

Kata kunci: antioksidan, bunga telang, kadar air, total fenol

***EFFECT OF TEMPERATURE AND VENTILATION VALVE ON TOTAL  
PHENOL CONTENT AND ANTIOXIDANT ACTIVITY OF BUTTERFLY  
PEA FLOWER TEA (*Clitoria ternatea* L.)***

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**ABSTRACT**

*Butterfly pea flower (*Clitoria ternatea* L.) is a wild flower that is often found on the edge of rice fields and plantations. The butterfly pea flower that is spread in Indonesia is identical in color to blue, so that currently the use of the butterfly pea flower is still limited. In order to optimize the utilization of butterfly pea flower, it is necessary to dry the butterfly pea flower to extend the shelf life and stable quality during storage. The purpose of this study was to determine the effect of using temperature and drying rate on the total phenol and antioxidant activity of butterfly pea flower tea steeping. Butterfly pea flower drying was carried out at temperatures of 50°C, 55°C, and 60°C at 20% inlet valve opening percentage. Meanwhile, the inlet valve opening percentage of 0%, 10%, and 20% and the drying air temperature is 60°C. Each treatment was carried out in duplication (2 times repetition). The moisture content during drying was measured every 30 minutes until the final water content of the butterfly pea flower was a maximum of 8%. Butterfly pea flower with a maximum water content of 8% was then used for testing total phenol and antioxidant activity. Total phenol was tested using the Folin-Ciocalteu method, while the antioxidant activity was measured using the DPPH method. In the test of steeping butterfly pea flower tea, it was found that the results of the highest total phenol content and antioxidant activity were treated with a drying air temperature of 50°C and inlet valve opening percentage 20% drying air, namely the total phenol content of 19.09 mg/ml and the antioxidant activity of 74.43%. So that the best drying process for telang flower tea in the research carried out is the treatment of 50°C drying air temperature and 20% inlet valve opening.*

**Keywords:** *antioxidants, butterfly pea, total phenol, water content*