

ABSTRAK

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PERBEDAAN KANDUNGAN KALIUM, MAGNESIUM DAN DAYA TERIMA PADA MINUMAN FORMULASI *SMOOTHIE* PISANG AMBON LUMUT DAN AIR KELAPA HIJAU MUDA SEBAGAI TERAPI KOMPLEMENTER HIPERTENSI

Skripsi. Program Studi S1 Gizi. 2020
(xv+85)

Hipertensi merupakan masalah utama yang sering terjadi di Indonesia. Terapi hipertensi salah satunya terapi komplementer dengan menggunakan pisang dan air kelapa hijau muda yang diolah menjadi *smoothie* dapat dijadikan minuman alternatif bagi penderita hipertensi. *Smoothie* pisang ambon lumut dan air kelapa hijau muda mengandung kalium dan magnesium yang dapat menurunkan tekanan darah. Penelitian ini bertujuan untuk mengetahui dan menganalisa perbedaan kandungan kalium, magnesium dan daya terima pada minuman formulasi *smoothie* pisang ambon lumut dan air kelapa hijau muda. Jenis penelitian ini eksperimental dengan rancangan acak lengkap (RAL). Berdasarkan hasil uji statistik *one way anova* dan dilanjutkan dengan uji *tukey* menunjukkan bahwa kalium didapat nilai $p=0,000$ dan magnesium didapat nilai $p=0,000$ yang berarti ada perbedaan kandungan kalium dan magnesium pada formulasi *smoothie* yang berbeda. Berdasarkan uji organoleptik (warna, aroma, rasa dan kekentalan) dengan 25 panelis tidak terlatih dengan metode *hedonic scale scoring* dan dianalisa dengan uji statistik *friedman* dilanjutkan dengan uji *Wilcoxon*. Hasil uji statistik menunjukkan warna didapat nilai $p=0,000$, aroma didapat nilai $p=0,000$, rasa didapat nilai $p=0,000$ dan kekentalan nilai $p=0,000$ yang berarti ada perbedaan daya terima (warna, aroma, kekentalan dan rasa) pada formulasi *smoothie* yang berbeda. Rekomendasi formulasi *smoothie* yaitu pada perlakuan P1 (pisang ambon lumut 80% dan air kelapa hijau muda 20%) dikonsumsi 408 ml 2x sehari di waktu pagi dan sore hari dengan masing-masing 1x minum 204 ml. Uji daya terima perlakuan P1 memiliki keunggulan dari segi warna, aroma, rasa dan kekentalan dalam kategori suka oleh panelis.

Kata kunci: Hipertensi, *smoothie*, pisang ambon lumut, air kelapa hijau muda, kalium, magnesium, daya terima

ABSTRACT

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DIFFERENCES IN KALIUM, MAGNESIUM AND ACCEPTABILITY IN THE FORMULATION OF AMBON MOSS BANANA AND YOUNG GREEN COCONUT WATER SMOOTHIE AS A HYPERTENSION COMPLEMENTER THERAPY

*Undergraduate thesis. Bachelor Of Nutrition Study Program. 2016
(xv+85)*

Hypertension is a major problem that often occurs in Indonesia. Hypertension therapy is a complementary therapy using bananas and light green coconut water which is processed into smoothies which can be used as an alternative drink for people with hypertension. The smoothie of Ambon moss banana and light green coconut water contains potassium and magnesium which can lower blood pressure. This study aims to determine and analyze differences in the content of potassium, magnesium and acceptability in the smoothie formulation of Ambon moss banana and light green coconut water. This type of research is experimental with a completely randomized design (CRD). Based on the results of the one way ANOVA statistical test and continued with the Tukey test, it was found that the potassium value obtained was $p = 0.000$ and magnesium obtained the value of $p = 0.000$ which meant that there were differences in the content of potassium and magnesium in different smoothie formulations. Based on the organoleptic test (color, aroma, viscosity and taste) with 25 untrained panelists using the hedonic scale scoring method and analyzed by the Friedman statistical test followed by the Wilcoxon test. The statistical test results showed that the color obtained was $p = 0.000$, the aroma was $p = 0.000$, the taste was $p = 0.000$, and the viscosity was $p = 0.000$, which means there was a difference in acceptance (color, aroma, taste and thickness) in different smoothie formulations. The recommendation for smoothie formulation is P1 treatment (80% moss ambon banana and 20% light green coconut water) consumed 408 ml 2x a day in the morning and evening with 1x drinking 204 ml each. The P1 treatment acceptability test has advantages in terms of color, aroma, taste and viscosity in the like category by the panelists.