LUTFIYATAH FIZIAH, 16S10180

PENGARUH PROPORSI KACANG KEDELAI DAN BAYAM TERHADAP KADAR PROTEIN, KALSIUM SERTA DAYA TERIMA BOLU KUKUS SEBAGAI ALTERNATIF MAKANAN TAMBAHAN BALITA *STUNTING*

Stunting merupakan kondisi kronis yang menggambarkan terhambatnya pertumbuhan karena malnutrisi jangka panjang yang ditandai dengan indeks panjang badan dibanding umur (PB/U) atau tinggi badan dibanding umur (TB/U) dengan batas z-score kurang dari -2 SD. Tujuan dari penelitian ini untuk mengetahui proporsi kacang kedelai, dan bayam terhadap kadar protein, kalsium dan daya terima bolu kukus. Metode yang digunakan dalam penelitian ini adalahmetode eksperimen menggunakan rancangan acak lengkap (RAL) yang terdiri dari atas perlakuan 4 kali perlakuan dan 3 kali replikasi dengan proporsi tepung terigu, kacang kedelai dan bayam P0 (100%:0%:0%), P1 (90%:5%:5%), P2 (80%:10%:10%), P3 (70%:15%:15%). Analisis data kadar protein dan kadar kalsium menggunakan *one way anova*, sedangkan untuk daya terima menggunakan analisis *friedman*. Hasil penelitian menunjukkan bahwa nilai rata-rata kadar protein yang paling tinggi terdapat pada perlakuan P0 dengan nilai rata-rata 6,64 gr dengan hasil uji statistik (p=0,003=<α)=0,05) yang artinya proporsi kacang kedelai dan bayam terbukti memiliki pengaruh terhadap kadar protein bolu kukus. Sedangkan nilai rata-rata uji kadar kalsium tertinggi pada P3 dengan nilai rata-rata 35,51 gr dengan hasil uji statistik (p=0,056=>α=0,05) yang artinya proporsi kacang kedelai dan bayam tidak terbukti memiliki pengaruh terhadap kadar kalsium bolu kukus. Daya terima meliputi warna nilai tertinggi P2 3,12 kategori suka, aroma nilai tertinggi P1 3,04 kategori suka, rasa nilai tertinggi P2 3,04 kategori suka, tekstur nilai tertinggi P1 3 kategori suka. Proporsi tepung terigu, kacang kedelai dan bayam terbukti memiliki pengaruh terhadap daya terima yang dihasilkan karena (p<α=0,05).

Kata kunci : Tepung terigu, Kacang kedelai, Bayam, Kadar protein, Kadar kalsium, Daya terima bolu kukus.

ABSTRACT

LUTFIYATAH FIZIAH, 16S10180

INFLUENCE OF SOYBEAN AND BABY BEAN PROPORTION ON PROTEIN, CALCIUM LEVELS AND POWER RECEIVED STEAMED BOLU AS AN ALTERNATIVE ADDITIONAL FOOD OF STUNTING CHILDREN

Thesis, Nutrition S1 Study Program, 2020
(xvi+115)

Stunting is a chronic condition that describes stunted growth due to long-term malnutrition characterized by an index of body length compared to age (PB / U) or height compared to age (TB / U) with a z-score limit of less than -2 SD. The purpose of this study was to determine the proportion of soybeans and spinach to the levels of protein, calcium and the acceptability of steamed sponge. The method used in this study is an experimental method using a completely randomized design (CRD) consisting of 4 treatments and 3 replications with the proportion of wheat flour, soybeans and spinach P0 (100%: 0%: 0%), P1 (90%: 5%: 5%), P2 (80%: 10%: 10%), P3 (70%: 15%: 15%). Data analysis of protein content and calcium levels using one way ANOVA, while for acceptance using Friedman analysis. The results showed that the highest average protein content was found in the P0 treatment with an average value of 6.64 gr with statistical test results ($p = 0.003 = <\alpha$) $= 0.05$) which means the proportion of soybeans and spinach proven to have an influence on the levels of steamed sponge protein. While the average value of the highest calcium content in P3 with an average value of 35.51 gr with the results of statistical tests ($p = 0.056 => \alpha = 0.05$) which means the proportion of soybeans and spinach has not been proven to have an influence on calcium levels steamed sponge cake. Acceptability includes the highest value of colors P2 3.12 categories like, the highest value aroma P1 3.04 categories like, taste the highest value P2 3.04 categories like, texture the highest value P1 3 categories like. The proportion of wheat flour, soybeans and spinach has been proven to have an effect on the acceptability that results from ($p <\alpha = 0.05$).