

ABSTRAK

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PENGARUH PROPORSI HATI SAPI DAN DAGING SAPI TERHADAP KADAR ZAT BESI, PROTEIN SERTA DAYA TERIMA BAKSO SEBAGAI ALTERNATIF MAKANAN SELINGAN PENDERITA ANEMIA PADA IBU HAMIL

Skripsi. Program Studi S1 Gizi. 2020

(xv + 74)

Ibu hamil adalah salah satu kelompok rawan kekurangan gizi, karena terjadi peningkatan kebutuhan pada ibu hamil dan gangguan pertumbuhan janin. Salah satu kondisi berbahaya yang sering dialami ibu hamil adalah anemia. Tidak cukupnya asupan makanan, misalkan karena mual dan muntah atau kurang asupan zat besi, dapat menyebabkan anemia gizi besi. Tujuan penelitian ini untuk mengetahui dan menganalisis proporsi hati sapi, daging sapi, terhadap kadar zat besi, protein dan daya terima bakso. Penelitian ini bersifat eksperimental desain Rancangan Acak Lengkap (RAL) dengan 4 formulasi dengan perbandingan hati sapi dan daging sapi P0(0%:100%); P1(40%:60%); P2(50%:50%); P3(60%:40%). Data analisis kadar zat besi dan protein menggunakan ANOVA dan data daya terima dianalisis dengan uji *Friedman*. Hasil penelitian menunjukkan kandungan zat besi rata-rata tertinggi pada formulasi P3 yaitu 3,177% dengan hasil uji statistik ($p=0,000 < \alpha=0,05$) yang artinya terbukti memiliki pengaruh terhadap kadar zat besi bakso. Sedangkan nilai rata-rata uji kadar protein tertinggi pada P3 yaitu 47,133% dengan hasil uji statistik ($p=0,000 < \alpha=0,05$) yang artinya terbukti memiliki pengaruh terhadap kadar protein bakso. Daya terima yang terdiri dari warna, aroma, tekstur, dan rasa memiliki nilai tertinggi masing-masing 3,53 (P0), 3,46 (P0), 3,1 (P3), 3,56 (P0). Proporsi hati sapi, daging sapi terbukti memiliki pengaruh terhadap daya terima bakso yang dihasilkan karena ($p=0,000 < \alpha=0,05$).

Kata kunci : Hati sapi, Daging sapi, Kadar Zat Besi, Protein, Daya Terima Bakso.

ABSTRACT

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THE INFLUENCE OF PROPORTION OF BEEF LIVER AND BEEF ON THE CONTENT OF IRON, PROTEIN AND BAKSO RECEPTION AS AN ALTERNATIVE FOOD FOR ANEMIA SUFFER IN PREGNANT WOMEN

*Undergraduate Thesis. S1 Nutrition Study Program. 2020
(xv + 74)*

Pregnant women are one of the groups prone to malnutrition, because there is an increased need for pregnant women and impaired fetal growth. One of the dangerous conditions that is often experienced by pregnant women is anemia. Insufficient food intake, for example due to nausea and vomiting or lack of iron intake, can cause iron deficiency anemia. The purpose of this study was to determine and analyze the proportion of beef liver, beef, to iron, protein and meatball acceptability. This research is an experimental design with completely randomized design (CRD) with 4 formulations with a ratio of beef liver and beef P0 (0%: 100%); P1 (40%: 60%); P2 (50%: 50%); P3 (60%: 40%). Data analysis of iron and protein levels used ANOVA and acceptance data were analyzed using the Friedman test. The results showed that the highest average iron content in the P3 formulation was 3.177% with statistical test results ($p = 0.000 < \alpha = 0.05$), which means that it is proven to have an effect on meatball iron levels. While the average value of the highest protein content test at P3 was 47.133% with statistical test results ($p = 0.000 < \alpha = 0.05$), which means that it is proven to have an effect on meatball protein content. Acceptance which consists of color, aroma, texture, and taste has the highest value, respectively 3.53 (P0), 3.46 (P0), 3.1 (P3), 3.56 (P0). The proportion of beef liver and beef is proven to have an influence on the acceptance of the resulting meatballs because ($p = 0.000 < \alpha = 0.05$).

Keywords: Beef liver, beef, iron content, protein, meatball acceptance.