ABSTRAK

NURHALISA, 19S10311

PENGARUH PROPORSI SAWI HIJAU (*Brassica juncea L.*) DAN IKAN SELUANG (*Rasbora argyrotaenia*) TERHADAP KADAR ZAT BESI, KALSIUM DAN TINGKAT KESUKAAN BAKSO SEBAGAI MAKANAN SELINGAN CEGAH *STUNTING* PADA BALITA

Skripsi. Program Studi S1 Gizi. 2023
(xvi+121)

Sawi hijau dan ikan seluang merupakan bahan makanan tinggi zat besi dan kalsium sehingga dapat diupayakan untuk mencegah *stunting* pada balita. Bakso merupakan salah satu produk yang digemari oleh semua masyarakat. Penelitian ini bertujuan untuk mengetahui kadar zat besi, kalsium dan tingkat kesukaan (warna, aroma, tekstur dan rasa) bakso sawi hijau dan ikan seluang. Penelitian ini merupakan penelitian eksperimental dengan Rancangan Acak Lengkap (RAL) yaitu proporsi sawi hijau dan ikan seluang terdiri 4 perlakuan yaitu P0= 0%:100%, P1= 10%:90%, P2= 20%:80% dan P3= 30%:70% dengan 3 kali replikasi. Responden berjumlah 25 panelis tidak terlatih. Kadar zat besi ditentukan menggunakan metode (*Spectrophotometry visible*), sedangkan kadar kalsium ditentukan menggunakan metode (*Titrimetry*). Pengaruh proporsi terhadap kadar zat besi dan kalsium di analisis menggunakan uji *ANOVA* sedangkanpengaruh proporsi terhadap tingkat kesukaan dianalisis menggunakan uji *friedman.* Hasil penelitian menunjukkan bahwa kadar zat besi tertinggi pada P2 (11,81 mg), kadar kalsium tertinggi pada P3 (16,68 mg) dan tingkat kesukaan tertinggi terdapat pada P2 (0,81) berdasarkan uji indeks efektivitas *De Garmo*. Hasil penelitian menunjukan proporsi sawi hijau dan ikan seluang berpengaruh terhadap kadar zat besi (p=0,001) dan kalsium (p=0,001), tetapi tidak berpengaruh terhadap tingkat kesukaan (warna, aroma, tekstur, rasa) (p>0,05) pada bakso. Mengonsumsi bakso 1-6 buah bakso dapat membantu mencegah kejadian *stunting* dan memenuhi kebutuhan AKG zat besi dan kalsium harian sebesar 10-15%.

Kata Kunci: bakso, ikan seluang, kalsium, sawi hijau, tingkat kesukaan.

ABSTRACT

NURHALISA, 19S10311

EFFECT OF PROPORTIONS OF MUSTARD GREEN (Brassica juncea L.) AND SELUANG FISH (Rasbora argyrotaenia) ON LEVELS OF IRON, CALCIUM, PREFERENCE LEVELS OF A SNACK FISHBALL AS FOODS TO PREVENT STUNTING IN CHILDREN UNDER FIVE*.*

Undergraduate Thesis. Bachelor of Nutrition Study Program. 2023
(xvi +121)

Mustard greens and seluang fish are high-iron and high-calcium food ingredients so efforts can be made to prevent stunting in toddlers. Meatballs are one of the products favored by all people. This study aimed to determine the levels of iron, calcium and the level of preference (color, aroma, texture and taste) of fishballs made from mustard mustard green and seluang fish. This research was an experimental study with a completely randomized design (CRD), namely the proportion of mustard greens and seluang fish consisting of 4 treatments, namely P0 = 0%: 100%, P1 = 10%: 90%, P2 = 20%: 80% and P3 = 30 %:70% with 3 replications. The respondents were 25 untrained panelists. The effect of proportion on iron and calcium levels was analyzed using the ANOVA test while the effect of proportion on preference level was was analyzed using the friedman test. The results showed that the highest iron content found P2 (11.81 mg), the highest calcium level found P3 (16.68 mg) and the highest level of preference was in P2 (0.81) based on the De Garmo effectiveness index test. The results showed that the proportion of mustard greens and seluang fish affected the iron levels (p=0.001) and calcium levels (p=0.001), but did not affect the preference levels (color, aroma, texture, taste) (p>0.05) in meatball. Consuming 1-6 fishballs can help prevent the stunting and meet the daily RDA of iron and calcium by 10-15%.

Keywords: *fishballs, seluang fish, calcium, mustard greens, preference level.*