

ABSTRAK

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ANALISIS ZAT GIZI DAN DAYA TERIMA SEMPOL IKAN GABUS (*Channa Striata*) DAN DAUN KELOR (*Moringa Oleifera*) SEBAGAI ALTERNATIF MAKANAN SELINGAN UNTUK BALITA *STUNTING*

SKRIPSI, Program Studi S1 Gizi 2024
VX + 130

Stunting merupakan kondisi gagal pertumbuhan pada anak (Pertumbuhan fisik dan perkembangan otak) masalah gizi ini disebabkan oleh ketidak cukupan asupan zat gizi dalam waktu yang lama. Bahan makanan sumber protein hewani yang baik adalah ikan, salah satu ikan yang memiliki kandungan zat gizi tinggi adalah ikan gabus. Zat gizi mikro yang berperan untuk mencegah terjadinya *stunting* salah satunya yaitu zat besi, bahan makanan yang kaya akan zat gizi adalah daun kelor. Sempol merupakan salah satu jajanan yang disukai oleh semua kalangan. Penelitian ini bertujuan untuk mengetahui kadar proksimat (Air, Abu, Protein, Lemak, Karbohidrat), zat besi dan daya terima sempol ikan gabus dan daun kelor. Penelitian ini merupakan penelitian eksperimental dengan menggunakan metode RAL Rancangan Acak Lengkap yaitu proporsi ikan gabus dan daun kelor pada 3 perlakuan yaitu P0=100%:0%, P1=95%:5% dan P2=90%:10% dengan 3 kali replikasi. Analisis kadar air, abu, lemak dan karbohidrat menggunakan *One Way Anova*, protein dan zat besi menggunakan *Kruskal wallis*. Hasil uji proksimat pada sempol ikan gabus dan daun kelor P1 menunjukkan kadar air 52,63%, kadar abu 2,36, kadar protein 12,51%, lemak 20,20%, 12,29%. Daya terima paling baik pada P1 (100%). Hasil penelitian menunjukkan ada perbedaan pada kadar air ($p=0,001$), kadar protein ($p=0,039$), kadar lemak ($p=0,001$), kadar karbohidrat ($p=0,001$) dan kadar zat besi ($p=0,031$). Sempol ikan gabus dan daun kelor dapat disajikan sebagai makanan selingan balita *stunting* dengan mengonsumsi sempol ikan gabus dan daun kelor perlakuan P1 sebanyak 1 tusuk dengan berat 25 g untuk memenuhi kebutuhan zat gizi makanan selingan.

Kata kunci: Daya terima, daun kelor, ikan gabus, sempol, zat gizi.

ABSTRACT

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ANALYSIS OF NUTRITIONAL CONTENT AND ACCEPTABILITY OF SEMPOL MADE FROM SNAKEHEAD FISH (*Channa Striata*) AND MORINGA LEAVES (*Moringa oleifera*) AS AN ALTERNATIVE SNACK FOR STUNTED TODDLERS

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Stunting is a condition of failed growth in children (body and brain growth) due to long-term inadequate nutrient intake. A good source of animal protein is fish, and one fish with high nutrient content is the snakehead fish. One of the micronutrients that help prevent stunting is iron, and a food rich in nutrients is moringa leaves. Sempol is a type of snack enjoyed by all ages. This study aims to determine the proximate content (moisture, ash, protein, fat, carbohydrates), iron content, and acceptability of sempol made from snakehead fish and moringa leaves. This research is an experimental study using a Completely Randomized Design (RAL) with three treatments: P0=100% fish:0% moringa, P1=95% fish:5% moringa, and P2=90% fish:10% moringa, each with three replications. Moisture, ash, fat, and carbohydrate content were analyzed using One Way ANOVA, while protein and iron content were analyzed using the Kruskal-Wallis test. The proximate analysis results for sempol made from snakehead fish and moringa leaves in treatment P1 showed moisture content of 52.63%, ash content of 2.36%, protein content of 12.51%, fat content of 20.20%, and carbohydrate content of 12.29%. The highest acceptability was found in P2 (100%). The results indicate differences in moisture content ($p=0.001$), protein content ($p=0.039$), fat content ($p=0.001$), carbohydrate content ($p=0.001$), and iron content ($p=0.031$). Sempol made from snakehead fish and moringa leaves treatment 1 can be offered as a snack for stunted toddlers, with a recommended consumption of 1 skewers weighing 25 g to meet the nutrient needs of supplemental food.

Keywords: *Acceptability, nutrients, moringa leaves, sempol, snakehead fish.*