

ABSTRAK

Alfillianty Rachma Haydiniyah

DAYA TERIMA DAN KADAR PROTEIN SOSIS AYAM DENGAN
PENAMBAHAN HATI AYAM DAN KELOR SEBAGAI ALTERNATIF
KUDAPAN TINGGI PROTEIN PENCEGAH PRA-STUNTING BALITA
xvii + 74 halaman + 12 tabel + 10 lampiran

Stunting masih menjadi masalah gizi di Indonesia sehingga diperlukan upaya pencegahan sejak fase pra-stunting melalui penyediaan kudapan tinggi protein. Salah satu alternatif yang dapat dikembangkan adalah sosis ayam dengan penambahan hati ayam dan kelor sebagai sumber protein pangan lokal. Penelitian ini bertujuan mengetahui daya terima dan kadar protein sosis ayam dengan penambahan hati ayam dan kelor sebagai alternatif kudapan tinggi protein untuk pencegahan pra-stunting balita.

Penelitian ini merupakan penelitian pra-eksperimen menggunakan tiga formulasi, yaitu SA0 (100:0:0), SA1 (100:90:10), dan SA2 (100:85:15) berdasarkan perbandingan daging ayam, hati ayam, dan kelor. Uji daya terima dilakukan pada atribut warna, aroma, rasa, dan tekstur menggunakan 25 panelis semi terlatih. Analisis statistik menggunakan uji *Friedman* dan dilanjutkan *Wilcoxon Signed Ranks* dengan koreksi *Bonferroni*. Analisis kadar protein dilakukan pada formulasi kontrol dan perlakuan terpilih menggunakan metode Semi Mikro *Kjeldahl*.

Uji *Friedman* menunjukkan adanya perbedaan signifikan pada indikator warna ($p = 0,007$; $p < 0,05$). Uji *Wilcoxon Signed Ranks* menunjukkan perbedaan signifikan antara SA0 dengan SA1 serta SA0 dengan SA2 ($p = 0,008$; $p < 0,001$). Berdasarkan rerata skor hedonik, formulasi yang paling disukai panelis adalah SA2 dengan nilai rata-rata 3,25. Analisis kadar protein menunjukkan SA2 mengandung protein sebesar 14,03 gram/100 gram, sedangkan satu buah sosis seberat 20 gram mengandung 2,8 gram protein. Konsumsi sekitar 31,4 gram atau 1½ buah sosis SA2 dapat membantu memenuhi kebutuhan protein kudapan balita sebesar 4,5 gram/hari. Dengan demikian, sosis SA2 berpotensi menjadi alternatif kudapan sumber protein untuk membantu pencegahan pra-stunting balita melalui peningkatan asupan protein harian.

Kata kunci: Sosis Ayam, Hati Ayam, Kelor, Pra-Stunting, Balita

Daftar bacaan: 30 jurnal (2019-2025)

ABSTRACT

Alfillianty Rachma Haydiniyah

ACCEPTABILITY AND PROTEIN CONTENT OF CHICKEN SAUSAGE WITH THE ADDITION OF CHICKEN LIVER AND MORINGA AS AN ALTERNATIVE HIGH-PROTEIN SNACK TO PREVENT PRE-STUNTING IN TODDLERS

xvii + 74 pages + 12 tables + 10 appendices

Stunting remains a nutritional problem in Indonesia, requiring preventive measures from the pre-stunting phase through the provision of high-protein snacks. One potential alternative is chicken sausage with added chicken liver and moringa as a local food protein source. This study aimed to determine the acceptability and protein content of chicken sausage with added chicken liver and moringa as an alternative high-protein snack for preventing pre-stunting in toddlers.

This pre-experimental study using three formulations: SA0 (100:0:0), SA1 (100:90:10), and SA2 (100:85:15) based on the ratio of chicken meat, chicken liver, and moringa. Acceptability was assessed for color, aroma, taste, and texture using 25 semi-trained panelists. Statistical analysis used the Friedman test followed by the Wilcoxon Signed Ranks test with Bonferroni correction. Protein content analysis was performed on the control and selected treatment formulations using the Semi-Micro Kjeldahl method.

The Friedman test showed a significant difference in the color indicator ($p = 0.007$; $p < 0.05$). The Wilcoxon Signed Ranks test showed a significant difference between SA0 and SA1 and SA0 and SA2 ($p = 0.008$; $p < 0.001$). Based on the mean hedonic score, the panelists' most preferred formulation was SA2 with an average value of 3.25. Protein content analysis showed that SA2 contains 14.03 grams of protein per 100 grams, while one 20-gram sausage contains 2.8 grams of protein. Consuming approximately 31.4 grams or 1.5 SA2 sausages can help meet the protein requirement of 4.5 grams per day for toddlers. Thus, SA2 sausages have the potential to be an alternative protein snack source to help prevent pre-stunting in toddlers by increasing daily protein intake.

Keywords: Chicken Sausage, Chicken Liver, Moringa, Pre-Stunting, Toddlers

Reading list: 30 journals (2019-2025)