

## DAFTAR ISI

|                                             |             |
|---------------------------------------------|-------------|
| <b>SAMPUL DALAM.....</b>                    | <b>i</b>    |
| <b>LEMBAR PERSYARATAN GELAR.....</b>        | <b>ii</b>   |
| <b>HALAMAN PERSETUJUAN PEMBIMBING .....</b> | <b>iii</b>  |
| <b>HALAMAN PENGESAHAN PENGUJI .....</b>     | <b>iv</b>   |
| <b>SURAT PERNYATAAN ORISINALITAS.....</b>   | <b>v</b>    |
| <b>ABSTRAK.....</b>                         | <b>vi</b>   |
| <b><i>ABSTRACT</i>.....</b>                 | <b>vii</b>  |
| <b>KATA PENGANTAR .....</b>                 | <b>viii</b> |
| <b>DAFTAR ISI.....</b>                      | <b>x</b>    |
| <b>DAFTAR TABEL.....</b>                    | <b>xiii</b> |
| <b>DAFTAR GAMBAR.....</b>                   | <b>xiv</b>  |
| <b>DAFTAR SINGKATAN .....</b>               | <b>xv</b>   |
| <b>DAFTAR LAMPIRAN .....</b>                | <b>xvi</b>  |
| <b>BAB I PENDAHULUAN.....</b>               | <b>1</b>    |
| <b>1.1. Latar Belakang.....</b>             | <b>1</b>    |
| <b>1.2. Rumusan Masalah.....</b>            | <b>3</b>    |
| <b>1.3. Tujuan Penelitian.....</b>          | <b>3</b>    |
| 1.3.1. Tujuan Umum .....                    | 3           |
| 1.3.2. Tujuan Khusus.....                   | 3           |
| <b>1.4. Manfaat Penelitian.....</b>         | <b>4</b>    |
| 1.4.1. Bagi peneliti .....                  | 4           |
| 1.4.2. Bagi Masyarakat .....                | 4           |
| 1.4.3. Bagi Institusi Jurusan Gizi .....    | 4           |
| <b>BAB II TINJAUAN PUSTAKA.....</b>         | <b>5</b>    |
| <b>2.1. Penelitian Terdahulu .....</b>      | <b>5</b>    |
| <b>2.2. Daya terima .....</b>               | <b>9</b>    |
| 2.2.1. Uji Hedonik.....                     | 10          |
| <b>2.3. Remaja .....</b>                    | <b>10</b>   |
| 2.3.1. Pengertian Remaja.....               | 10          |

|                                                       |           |
|-------------------------------------------------------|-----------|
| <b>2.4. Anemia .....</b>                              | <b>12</b> |
| 2.4.1. Pengertian.....                                | 12        |
| 2.4.2. Penyebab .....                                 | 12        |
| 2.4.3. Dampak .....                                   | 12        |
| 2.4.4. Pencegahan.....                                | 13        |
| <b>2.5. Zat Besi.....</b>                             | <b>13</b> |
| 2.5.1. Pengertian zat besi.....                       | 13        |
| 2.5.2. Kebutuhan zat besi .....                       | 13        |
| 2.5.3. Sumber zat besi .....                          | 14        |
| <b>2.6. Kacang Kedelai (<i>Glycine max</i>) .....</b> | <b>14</b> |
| 2.6.1. Pengertian.....                                | 14        |
| 2.6.2. Kandungan Gizi.....                            | 16        |
| 2.6.3. Manfaat .....                                  | 16        |
| 2.6.4. Tepung Kacang Kedelai .....                    | 17        |
| 2.6.5. Potensi untuk Pencegahan Anemia .....          | 18        |
| <b>2.7. Kurma (<i>Phoenix dactylifera</i> L).....</b> | <b>18</b> |
| 2.7.1. Pengertian Kurma.....                          | 18        |
| 2.7.2. Kandungan Gizi.....                            | 19        |
| 2.7.3. Manfaat .....                                  | 20        |
| 2.7.4. Sari Kurma .....                               | 20        |
| 2.7.5. Sari Kurma untuk Anemia.....                   | 21        |
| <b>2.8. Pengertian Puding.....</b>                    | <b>21</b> |
| <b>2.9. Panelis .....</b>                             | <b>22</b> |
| <b>2.10. Kerangka Konsep.....</b>                     | <b>23</b> |
| 2.10.1. Keterangan Kerangka Konsep .....              | 23        |
| <b>2.11. Hipotesa .....</b>                           | <b>24</b> |
| <b>BAB III METODE PENELITIAN .....</b>                | <b>25</b> |
| <b>3.1. Desain Penelitian.....</b>                    | <b>25</b> |
| <b>3.2. Tempat dan waktu penelitian.....</b>          | <b>25</b> |
| 3.2.1. Waktu .....                                    | 25        |
| 3.2.2. Tempat .....                                   | 26        |
| <b>3.3. Variabel Penelitian .....</b>                 | <b>26</b> |

|                                                                |           |
|----------------------------------------------------------------|-----------|
| 3.3.1. Variable Bebas .....                                    | 26        |
| 3.3.2. Variabel terikat.....                                   | 26        |
| <b>3.4. Rancangan Sampel .....</b>                             | <b>26</b> |
| 3.4.1. Sampel.....                                             | 26        |
| 3.4.2. Populasi.....                                           | 27        |
| <b>3.5. Definisi Operasional .....</b>                         | <b>28</b> |
| <b>3.6. Kerangka Operasional.....</b>                          | <b>31</b> |
| <b>3.7. Teknik Pengumpulan Data dan Instrumen Data .....</b>   | <b>32</b> |
| 3.7.1. Teknik Pengumpulan Data .....                           | 32        |
| <b>3.8. Teknik Pengumpulan Data Uji Daya Terima.....</b>       | <b>36</b> |
| 3.8.1. Analisis Kadar Zat Besi.....                            | 36        |
| <b>3.9. Teknik Analisis Data.....</b>                          | <b>37</b> |
| <b>BAB IV HASIL PENELITIAN.....</b>                            | <b>38</b> |
| 4.1. Gambaran Umum Obyek.....                                  | 38        |
| 4.2. Karakteristik Organoleptik Sakura .....                   | 38        |
| 4.3. Hasil Uji Daya Terima SAKURA.....                         | 39        |
| 4.3.1. Rata-rata Hasil Uji Organoleptik SAKURA .....           | 40        |
| 4.3.2. Distribusi Daya Terima Panelis terhadap Puding SAKURA   | 41        |
| 4.3.3. Hasil Uji <i>Kruskal Wallis</i> SAKURA .....            | 43        |
| 4.3.4. Hasil Uji Lanjut Mann-Whitney .....                     | 43        |
| 4.4. Hasil Uji Kadar Zat Besi SAKURA .....                     | 44        |
| <b>BAB V PEMBAHASAN.....</b>                                   | <b>46</b> |
| 5.1. Karakteristik Daya Terima SAKURA.....                     | 46        |
| 5.2. Kadar Fe Puding Tepung Kacang Kedelai dan Sari kurma..... | 48        |
| 5.3. Pembahasan Daya Terima Produk SAKURA.....                 | 49        |
| <b>BAB VI SIMPULAN DAN SARAN .....</b>                         | <b>52</b> |
| 6.1. Kesimpulan.....                                           | 52        |
| 6.2. Saran                                                     | 52        |
| <b>DAFTAR PUSTAKA .....</b>                                    | <b>53</b> |
| <b>LAMPIRAN .....</b>                                          | <b>61</b> |