

ABSTRAK

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UJI DAYA TERIMA DAN KADAR Fe PADA DIMSUM DAUN KELOR DENGAN CAMPURAN HATI AYAM “DIMKELHA” SEBAGAI KUDAPAN PENCEGAHAN ANEMIA PADA REMAJA PUTRI.

1x + 76 Halaman + 21 Tabel + 13 Lampiran

Anemia defisiensi besi masih menjadi masalah kesehatan umum di kalangan remaja putri. Pembuatan camilan kaya zat besi berupa dimsum berbahan daun kelor dan hati ayam "DIMKELHA" merupakan salah satu upaya pencegahan anemia pada kelompok ini. Penelitian ini mempunyai tujuan demi mengukur kandungan zat besi serta tingkat penerimaan "DIMKELHA" sebagai camilan pencegah anemia bagi remaja putri. Rancangan penelitian yang dipergunakan yakni Rancangan Acak Lengkap (RAL) dengan empat formulasi serta dua ulangan. Metode *Inductively Coupled Plasma - Optical Emission Spectrometry (ICP-OES)* dipergunakan untuk mengukur kadar zat besi, sedangkan uji penerimaan dijalankan oleh 25 panelis agak terlatih memakai *Hedonic Scale Test*. Data tingkat penerimaan dianalisis dengan uji *Kruskal Wallis* serta uji *Mann Whitney*. Temuan penelitian mengungkapkan bahwasanya formulasi kontrol DK 0 memiliki tingkat penerimaan tertinggi dengan skor rata-rata 4,09 (kategori suka) diikuti oleh formulasi DK 2 dengan skor 3,41. Kadar zat besi pada DK 0 adalah 0,70 mg/100g, sedangkan pada DK 2 sebesar 1,16 mg/100g. Uji *Kruskal Wallis* memperlihatkan adanya perbedaan signifikan di indikator warna, aroma, serta rasa di antara keempat formulasi, sementara uji *Mann Whitney* menemukan perbedaan signifikan antara pasangan formulasi tertentu. Formulasi DK 2 memiliki tingkat penerimaan yang baik, sehingga berpotensi digunakan sebagai camilan alternatif untuk mencegah anemia pada remaja putri.

Kata Kunci : *Anemia, Daya Terima, Dimsum, Daun Kelor, Hati Ayam, Zat Besi*

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ABSTRACT

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ACCEPTABILITY TEST AND Fe CONTENT IN MORINGA LEAF AND CHICKEN LIVER DIMSUM “DIMKELHA” AS A SNACK FOR PREVENTING ANEMIA IN ADOLESCENT GIRLS.

ix + 76 Pages + 21 Tables + 13 Appendices

Among teenage girls, iron-deficiency anemia is still a common health problem. The creation of an iron-rich snack consisting of *moringa* leaf and chicken liver dimsum "DIMKELHA" is one way to prevent anemia in this population. The purpose of this study was to assess "DIMKELHA" iron content and acceptability as a snack for teenage females to prevent anemia. A Completely Randomized Design (CRD) with four formulations and two replications was used as the experimental design. Inductively Coupled Plasma - Optical Emission Spectrometry (ICP-OES) was used to measure iron concentration, and 25 semi trained panelists evaluated acceptability using the Hedonic Scale Test. The Kruskal Wallis test and the Mann Whitney test were used to examine acceptability data. With a mean score of 4.09 (liked category), the control formulation (DK 0) had the highest acceptance, according to the results, followed by formulation DK 2 with a score of 3.41. For DK 0, the iron level was 0.70 mg/100g, while for DK 2, it was 1.16 mg/100g. While the Mann Whitney test found significant differences between certain pairings of formulations, the Kruskal Wallis test demonstrated significant variations in color, scent, and taste among the four formulations. Formulation DK 2 showed acceptable acceptability, indicating that it could be used as a substitute snack to prevent anemia in teenage girls.

Keywords : Anemia, Acceptability, Dimsum, Moringa Leaves, Chicken Liver, Iron

References : 51 Journals (2016-2025)