

ABSTRAK

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DAYA TERIMA DAN KADAR KALIUM PADA LULAKURI "KUE LUMPUR BAKAR LABU KUNING SELEDRI" SEBAGAI KUDAPAN ALTERNATIF PENDERITA HIPERTENSI

1x + 85 Halaman + 21 Tabel + 5 Gambar + 7 Lampiran

Hipertensi atau "silent kiler" karena seringkali penderita tidak penderita hipertensi bertahun-tahun tanpa merasakan sesuatu gangguan dan gejala. Hal ini merupakan masalah kesehatan serius yang ditandai dengan peningkatan tekanan darah sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg. Prevalensi hipertensi terus meningkat, termasuk di Jawa Timur yang mencapai 36,3%. Modifikasi gaya hidup melalui diet sehat tinggi kalium menjadi salah satu penanganan nonfarmakologi yang efektif.

Penelitian ini bertujuan untuk menganalisis daya terima (uji organoleptik) dan kadar kalium pada LULAKURI "Kue Lumpur Bakar Labu Kuning Seledri" Sebagai kudapan alternatif bagi penderita hipertensi. Penelitian ini merupakan studi eksperimental dengan formulasi penambahan labu kuning dan seledri yang berbeda (RND, ARI, MAZ, SPL). Uji daya terima dilakukan melalui uji hedonik terhadap 25 panelis cukup terlatih, meliputi indikator warna, aroma, tekstur, dan rasa. Analisis kadar kalium diuji menggunakan metode Spektrofometri Serapan Atom (SSA). Daya terima dianalisis secara statistik menggunakan uji Kruskal Wallis dan Mann Whitney.

Hasil uji organoleptik menunjukkan bahwa formulasi kontrol (RND) dan MAZ memiliki rata rata kesukaan tertinggi pada indikator tekstur RND (4,48) dan warna (4,36). Penambahan seledri secara signifikan memengaruhi tekstur produk ($p=0,009$), di mana produk dengan penambahan seledri cenderung lebih padat dan berserat dibandingkan kontrol. Secara keseluruhan, kue LULAKURI dengan penambahan seledri tetapi tetap berada pada rentang penilaian "agak suka" hingga "suka" oleh panelis.

Kue LULAKURI berpotensi menjadi kudapan alternatif bagi penderita hipertensi karena mengombinasi bahan tinggi kalium dari labu kuning dan seledri, dengan daya terima yang masih dapat diterima oleh konsumen.

Kata kunci : Hipertensi, Labu Kuning, Seledri, Kue Lumpur, Kadar Kalium, Daya Terima.

Daftar Bacaan : 5 buku dan 23 jurnal (2016-2024)

ABSTRACT

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ACCEPTANCE AND POTASSIUM CONTENT OF LULAKURI "KUE LUMPUR BAKAR LABU KUNING SELEDRI" AS AN ALTERNATIVE SNACK FOR HYPERTENSION PATIENTS

1x + 85 Pages + 21 Tables + 5 Figures + 7 Appendices

Hypertension is known as the "silent killer" because sufferers often live with the condition for years without experiencing any disturbances or symptoms. This is a serious health problem characterized by an increase in systolic blood pressure of ≥ 140 mmHg and diastolic blood pressure of ≥ 90 mmHg. The prevalence of hypertension continues to rise, including in East Java, where it has reached 36.3%. Lifestyle modification through a healthy high-potassium diet is one of the effective non-pharmacological treatments.

This study aims to analyze the acceptability (organoleptic test) and potassium levels of LULAKURI "Pumpkin Celery Baked Mud Cake" as an alternative snack for hypertension patients. This research is an experimental study using different formulations of pumpkin and celery additions (RND, ARI, MAZ, SPL). The acceptability test was conducted through a hedonic test on 25 semi-trained panelists, covering indicators of color, aroma, texture, and taste. Potassium content was tested using the Atomic Absorption Spectrophotometry (AAS) method. Acceptability was analyzed statistically using the Kruskal-Wallis and Mann-Whitney tests.

The organoleptic test results showed that the control formulation (RND) and MAZ had the highest average preference in terms of texture for RND (4.48) and color (4.36). The addition of celery significantly affected the product's texture ($p=0.009$), where products with added celery tended to be denser and more fibrous compared to the control. Overall, the LULAKURI cake with added celery remained within the "slightly like" to "like" rating range by the panelists.

LULAKURI cake has the potential to be an alternative snack for hypertension patients because it combines high-potassium ingredients from pumpkin and celery, with an acceptability level that remains well-received by consumers.

Keywords: Hypertension, Pumpkin, Celery, Mud Cake, Potassium, Acceptability.

References: 5 Books and 23 Journals (2016–2024)