



UNIVERSITAS ANDALAS

**PENGEMBANGAN PRODUK YOGURT SUSU SAPI *STARTER* DADIH
DENGAN PENAMBAHAN SARI PISANG AMBON (*Musa paradisiaca*)
TERHADAP NILAI GIZI DAN ORGANOLEPTIK SEBAGAI MAKANAN
SELINGAN ANAK USIA 1-5 TAHUN**

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FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

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Skripsi, Agustus 2025

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vi + 85 halaman , 28 tabel, 10 gambar, 12 lampiran

ABSTRAK

Tujuan Penelitian

Mengetahui pengaruh penambahan sari pisang Ambon terhadap kandungan gizi (air, abu, lemak, protein, karbohidrat), viskositas, pH, jumlah BAL, dan mutu organoleptik yogurt dengan starter dadih susu kerbau serta menentukan formula terbaik.

Metode

Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 2 kali ulangan 4 perlakuan: F0 (kontrol), F1 (5 ml sari pisang), F2 (7,5 ml), dan F3 (10 ml) per 100 ml yogurt. Uji organoleptik dilakukn oleh 40 panelis semi terlatih. Analisis data menggunakan uji Kruskal-Wallis dan ANOVA Pada taraf signifikansi 5% dengan uji lanjut Mann-Whitney dan Duncan untuk data yang menunjukkan perbedaan signifikan.

Hasil

Hasil penelitian menunjukkan bahwa formulasi terbaik berdasarkan uji hedonik dan analisis kandungan gizi adalah F1, produk memenuhi klaim pangan sebagai makanan sumber probiotik yaitu Hasil uji kandungan zat gizi proksimat kadar air terendah terdapat pada perlakuan F1 (76,75%), kadar abu terendah F2 (1,42%), kadar protein tertinggi F2 (5,71%), kadar lemak tertinggi F1 (6,67%), kadar karbohidrat tertinggi F1 (9,96%). Kadar Viskoitas 7182,00 Cp, kadar pH 4,13 dan jumlah BAL $1,15 \times 10^8$.

Kesimpulan:

Berdasarkan taraf perlakuan setiap formula, formula terpilih adalah F1 dengan penambahan sari pisang sebanyak 5 gram.

Daftar Pustaka : 89 (2008-2025)

Kata Kunci : Yogurt, *Starter* Dadih, Sari Pisang, Balita, Probiotik.

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

**Undergraduate Thesis, August 2025
HUDIYA KAMILAH, Student ID Number 2111227003**

**DEVELOPMENT OF COW'S MILK YOGURT PRODUCT WITH DADIH
STARTER WITH THE ADDITION OF AMBON BANANA (*Musa paradisiaca*)
JUICE ON NUTRITIONAL AND ORGANOLEPTIC VALUE AS A SNACK FOR
CHILDREN AGED 1-5 YEARS**

vi + 85 pages , 28 tables, 10 pictures, 12 attachments

ABSTRACT

Research Objectives

To determine the effect of adding Ambon banana juice on the nutritional content (water, ash, fat, protein, carbohydrates), viscosity, pH, amount of BAL, and organoleptic quality of yogurt with buffalo milk curd starter and to determine the best formula.

Methods

This study used a Completely Randomized Design (CRD) with 2 replications of 4 treatments: F0 (control), F1 (5 ml banana juice), F2 (7.5 ml), and F3 (10 ml) per 100 ml yogurt. Organoleptic tests were carried out by 40 semi-trained panelists. Data analysis used the Kruskal-Wallis test and ANOVA at a significance level of 5% with further Mann-Whitney and Duncan tests for data showing significant differences.

Results

The results of the study showed that the best formulation based on hedonic tests and nutritional content analysis was F1, the product fulfilled the food claim as a source of probiotic food, namely The results of the proximate nutritional content test showed the lowest water content in treatment F1 (76.75%), the lowest ash content F2 (1.42%), the highest protein content F2 (5.71%), the highest fat content F1 (6.67%), the highest carbohydrate content F1 (9.96%). Viscosity level 7182.00 Cp, pH level 4.13 and the number of BAL 1.15 x 10⁸.

Conclusions

Based on the level of treatment for each formula, the selected formula was F1 with the addition of 5 grams of banana juice.

References : 89 (2008-2025)

Keyword : Yogurt, Curd Starter, Banana Juice, Toddler, Probiotics.