



UNIVERSITAS ANDALAS

**PENGEMBANGAN BISKUIT IKAN GABUS (*CHANNA STRIATA*) BERBASIS  
PANGAN LOKAL JAGUNG, KACANG MERAH, DAN KACANG KEDELAI  
SEBAGAI MAKANAN PENDAMPING ASI BAGI BAYI STUNTING USIA 6-24**



**Diajukan Sebagai Salah Satu Syarat Untuk Melaksanakan  
Penelitian Skripsi Sarjana Gizi**

**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

**PADANG, 2021**

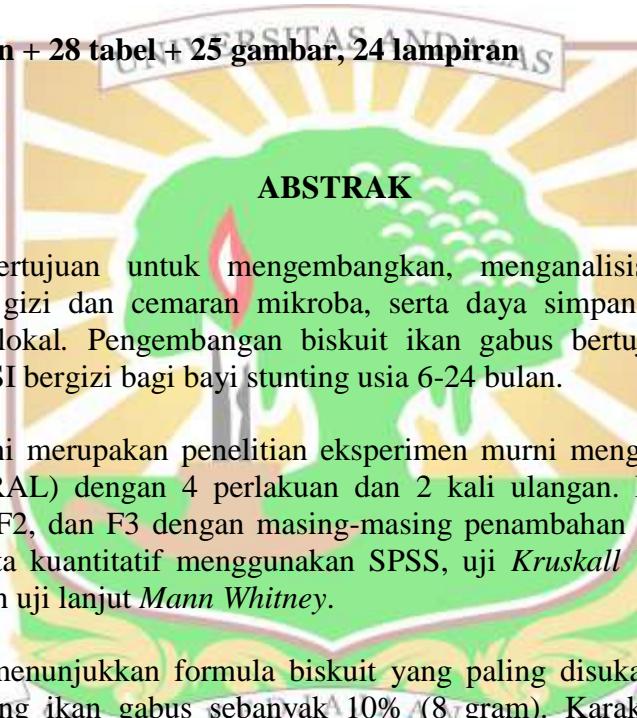
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**Skripsi, Agustus 2021  
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**PENGEMBANGAN BISKUIT IKAN GABUS (*CHANNA STRIATA*) BERBASIS PANGAN LOKAL JAGUNG, KACANG MERAH, DAN KACANG KEDELAI SEBAGAI MAKANAN PENDAMPING ASI BAGI BAYI STUNTING USIA 6-24 BULAN**

**xix + 112 halaman + 28 tabel + 25 gambar, 24 lampiran**



**ABSTRAK**

**Tujuan**

Penelitian ini bertujuan untuk mengembangkan, menganalisis uji organoleptik, menganalisis zat gizi dan cemaran mikroba, serta daya simpan biskuit ikan gabus berbasis pangan lokal. Pengembangan biskuit ikan gabus bertujuan untuk menjadi alternatif MP-ASI bergizi bagi bayi stunting usia 6-24 bulan.

**Metode**

Jenis penelitian ini merupakan penelitian eksperimen murni menggunakan Rancangan Acak Lengkap (RAL) dengan 4 perlakuan dan 2 kali ulangan. Perlakuan dilakukan terhadap Fo, F1, F2, dan F3 dengan masing-masing penambahan 0%, 10%, 20%, dan 30%. Analisis data kuantitatif menggunakan SPSS, uji Kruskall Wallis taraf 5% dan dilanjutkan dengan uji lanjut Mann Whitney.

**Hasil**

Hasil penelitian menunjukkan formula biskuit yang paling disukai adalah F1 dengan penambahan tepung ikan gabus sebanyak 10% (8 gram). Karakteristik warna agak cokelat terang, aroma agak harum, rasa agak manis, dan tekstur sedang. Dalam 100 g biskuit tersebut terkandung air 8,215%, abu 1,355%, protein 11,52%, lemak 24,97%, karbohidrat 53,94%, dan cemaran mikroba kapang khamir sebesar  $3,1 \times 10^2$  koloni/g. Hasil uji Kruskall Wallis menunjukkan tidak terdapat perbedaan yang nyata ( $p>0,05$ ) pada aroma dan tekstur pada formula terpilih biskuit ikan gabus, namun terdapat perbedaan nyata pada warna dan rasa ( $p<0,05$ ). Hasil uji daya simpan selama 21 hari menunjukkan taraf formula biskuit mengalami penurunan mutu fisik dari segi warna, aroma, dan tekstur.

**Kesimpulan**

Formula terpilih pada pengembangan biskuit ikan gabus berbasis pangan lokal yaitu F1 dengan penambahan tepung ikan gabus sebanyak 10% (8 g).

**Daftar Pustaka : 102 + (1987-2021)**

**Kata Kunci : stunting, biskuit, ikan gabus, pangan lokal**

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY**

*Undergraduate thesis, August 2021  
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**DEVELOPMENT OF (CHANNA STRIATA) BASCUIT BASED ON LOCAL FOOD CORN, RED BEAN AND SOYBEAN AS A SUPPLEMENTARY FOODS FOR STUNTING BABIES AGED 6-24 MONTHS**

**xix + 112 pages + 28 tables + 25 pictures, 24 attachments**

**ABSTRACT**

**Objective**

This study aims to develop, analyze organoleptic tests, analyze nutrients and microbial contamination, as well as the shelf life of snakehead fish biscuits based on local food. The development of snakehead fish biscuits aims to be a nutritious alternative to complementary feeding for stunting infants aged 6-24 months.

**Method**

This type of research is a pure experimental study using a completely randomized design (CRD) with 4 treatments and 2 replications. Treatments were carried out on Fo, F1, F2, and F3 with the additions of 0%, 10%, 20%, and 30%, respectively. Quantitative data analysis using SPSS, Kruskall Wallis test level 5% and continued with Mann Whitney further test.

**Results**

The results showed that the most preferred biscuit formula was F1 with the addition of 10% snakehead fish meal (8 grams). Characteristics of a light brown color, slightly fragrant aroma, slightly sweet taste, and medium texture. In 100 g of the biscuits contained 8.215% water, 1.355% ash, 11.52% protein, 24.97% fat, 53.94% carbohydrates, and  $3.1 \times 10^2$  colonies/g yeast mold microbial contamination. The results of the Kruskall Wallis test showed that there were no significant differences ( $p>0.05$ ) in the aroma and texture of the selected formula of snakehead fish biscuits, but there were significant differences in color and taste ( $p<0.05$ ). The results of the shelf-life test for 21 days showed that the level of biscuit formula experienced a decrease in physical quality in terms of color, aroma, and texture.

**Conclusion**

The selected formula for developing snakehead fish biscuits based on local food is F1 with the addition of 10% snakehead fish meal.

**Bibliography : 101 + (1987-2021)**

**Keywords:** stunting, biscuits, snakehead fish, local food