

**DAYA TERIMA DAN KANDUNGAN PROTEIN
NUGGET IKAN KEMBUNG (*Ratrelliger kanagurta*) DAN IKAN LELE (*Clarias
gariepinus*) SEBAGAI ALTERNATIF KUDAPAN IBU HAMIL KEKURANGAN
ENERGI KRONIS**

ABSTRAK

Dengan Sumber Daya Alam yang melimpah, Indonesia masih banyak terjadi kasus Kurang Energi Kronik (KEK). Menurut hasil Riskesdas tahun 2018, menunjukkan bahwa prevalensi wanita usia subur (usia 15–49 tahun) sedang hamil dan mengalami risiko KEK di Jawa Timur sebesar 19,6%, sedangkan di tingkat nasional prevalensi penduduk WUS yang sedang hamil dan mengalami risiko KEK sebesar 17,3%. Tujuan dari penelitian ini adalah untuk mengidentifikasi daya terima dan kandungan protein terhadap *nugget* Ikan Kembung dan Ikan Lele untuk alternatif kudapan ibu hamil KEK. Penelitian ini dilaksanakan pada bulan November 2019 – April 2020. Metode eksperimental digunakan pada penelitian ini. Penelitian ini melibatkan 25 orang semi panelis untuk uji daya terima dan uji kadar protein menggunakan metode Kjeldahl. Teknis analisis yang digunakan adalah analisis statistik dengan menggunakan *Kruskal Wallis* dan dilanjut dengan *Mann Whitney* untuk mengetahui adanya perbedaan daya terima terhadap *Nugget* Ikan Kembung dan Ikan Lele. Berdasarkan uji organoleptik, formulasi yang paling disukai oleh panelis adalah formulasi ikan kembung dan ikan lele 1:3 dengan skor 4,06. Kesimpulan Berdasarkan uji organoleptik, formulasi yang paling disukai oleh panelis adalah formulasi ikan kembung : ikan lele = 1:3 dengan skor 4,06 yang berarti suka. Hasil uji menggunakan *Kruskal Wallis* didapatkan bahwa semua indikator ada perbedaan antara ketiga formulasi ($P < 0,05$), selanjutnya dilakukan uji *Mann Whitney* didapatkan pada F2:F3 memiliki nilai $P > 0,05$ yang artinya tidak ada perbedaan antara semua indikator. Kandungan protein *nugget* ikan kembung dan ikan lele pada formulasi 1: 3 lebih besar daripada *nugget* kontrol.

Kata kunci: *Ibu Hamil KEK, Protein, Nugget, Ikan Kembung dan Ikan Lele*

ACCEPTANCE AND PROTEIN CONTENT OF MACKEREL (*Ratrelliger kanagurta*) NUGGET AND CATFISH (*Clarias gariepinus*) AS AN ALTERNATIVE SNACK FOR PREGNANT WOMEN WITH CHRONIC ENERGY SHORTAGES

ABSTRACT

With abundant natural resources, Indonesia still has many cases of Chronic Energy Deficiency (KEK). This is caused by an imbalance in nutrient intake so that it can lead to imperfect body growth both physically and mentally. According to the results of Riskesdas in 2018, showed that the prevalence of women of childbearing age (ages 15-49 years) were pregnant and at risk of chronic energy of shortages in East Java by 19,6%, while at the national level the prevalence of WUS population who were pregnant and at risk of chronic energy of shortages was 17,3%. The purpose of this study was to identify the acceptability and protein content of the Mackerel and Catfish nuggets for alternative snacks for KEK pregnant women. This research was conducted on November 2019 – April 2020. The experimental method was used in this study. This study involved 25 semi-panelists for the acceptability and the acceptability test were tested for protein content using the Kjeldahl method. Technical analysis used is a statistical analysis using Kruskal Wallis and continued with Mann Whitney to find the differences in acceptability of the mackerel nuggets and catfish. Based on organoleptic testing, the formulation most preferred by panelists is the formulation of mackerel and catfish 1:3 with a value of 4,06. Conclusion Based on the organoleptic nature, the formulation most preferred by panelists is the formulation of mackerel: catfish = 1: 3 with a score of 4.06. the result of the test using Kruskal Wallis found that all indicators had a difference between the three formulations ($P < 0,05$), and then the Mann Whitney test was obtained on F2:F3 which had a value $P > 0,05$ which means there was no difference between all indicator. Protein content of mackerel and catfish nuggets in formulation 1: 3 were bigger than the control nuggets.

Keywords: *KEK Pregnant Women, Protein, Nugget, Mackerel and Catfish*

