

ABSTRAK

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STUDI KANDUNGAN BORAKS PADA BAKSO DI WILAYAH
PASAR PUCANG ANOM SURABAYA TAHUN 2023

xiii + 49 Halaman + 14 Tabel + 5 Gambar + 22 Lampiran

Bakso menjadi makanan favorit masyarakat karena harga relatif murah, terutama yang dijual di pedagang kaki lima. Penggunaan boraks pada bakso sebagai pengawet dan pengenyal, masih ditemukan pada 1 dari 5 sampel yang dijual pedagang bakso di Pasar Pucang Anom. Boraks dapat menimbulkan dampak kesehatan dengan dosis 10-25 gr/KgBB orang dewasa dan 5-6 gr/KgBB anak-anak. Tujuan penelitian ini menganalisis kandungan boraks sampel bakso di wilayah Pasar Pucang Anom Surabaya Tahun 2023.

Desain penelitian ini adalah penelitian observasional analitik, yang dilakukan secara *cross sectional*. Variabel yang diteliti yaitu kualitas fisik dan kandungan boraks pada bakso. Teknik pengumpulan data dengan metode uji organoleptik dan laboratorium. Objek penelitian yaitu 12 bakso yang dijual oleh keseluruhan pedagang berjualan menetap di wilayah Pasar Pucang Anom Surabaya. Analisis data dilakukan secara deskriptif sesuai acuan Permenkes No.033 Tahun 2012 tentang Bahan Tambahan Pangan.

Hasil uji organoleptik diperoleh 4 sampel bakso (34%) berkriteria penilaian baik dengan skor 760 – 1080, sebagian besar 7 sampel bakso (58%) berkriteria penilaian cukup dengan skor 440 – 759, dan 1 sampel bakso (8%) berkriteria penilaian kurang dengan skor 120 – 439. Hasil uji laboratorium 1 sampel bakso (8%) mengandung boraks, dengan ciri fisik bertekstur kenyal, berwarna abu – abu pucat, berasa getir, dan berbau amis.

Kesimpulan penelitian ini adalah 1 dari 12 sampel diduga memiliki ciri fisik bakso mengandung boraks dan kandungan boraks berhubungan terhadap uji organoleptik dengan nilai signifikan $p\text{-value} = 0,032$. Saran untuk pedagang menggunakan bahan alternatif pengganti boraks yaitu karagenan (rumput laut) untuk memperbaiki kualitas fisik bakso dari segi tekstur, warna, dan bau.

Kata Kunci : Bakso, Boraks, Uji Organoleptik
Daftar Pustaka : 10 Buku + 34 Jurnal + 1 Peraturan Menteri Kesehatan (2011 – 2023)

ABSTRACT

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STUDY OF BORAX CONTENT IN MEATBALLS IN THE PUCANG ANOM MARKET AREA IN SURABAYA IN 2023

xiii + 49 Pages + 14 Tables + 5 Images + 22 Appendix

Meatballs are a favorite food of the people due to their relatively low price, especially those sold at street vendors. The use of borax in meatballs as a preservative and thickener was still found in 1 out of 5 samples sold by meatball vendors at Pucang Anom Market. Borax can cause health effects at doses of 10-25 gr/KgBB for adults and 5-6 gr/KgBB for children. The purpose of this study was to analyze the borax content in meatball samples in the Pucang Anom Market area of Surabaya in 2023.

This type of research is descriptive research, which is conducted cross sectionally. The variables studied were physical quality and borax content in meatballs. Data collection techniques using organoleptic and laboratory test methods. The object of the study was 12 meatballs sold by sedentary vendors in the Pucang Anom Market area of Surabaya. Data analysis was carried out descriptively according to the reference of Permenkes No.033 of 2012 concerning Food Additives.

Organoleptic test results obtained 4 meatball samples (34%) with good assessment criteria with a score of 760 – 1080, most of the 7 meatball samples (58%) with sufficient assessment criteria with a score of 440 – 759, and 1 meatball sample (8%) with poor assessment criteria with a score of 120 – 439. Laboratory test results of 1 meatball sample (8%) sample contained borax, with physical characteristics of chewy texture, pale gray color, tart taste, and fishy smell.

The conclusion of this study is that 1 of 12 samples is suspected to have physical characteristics of meatballs containing borax content is related to the organoleptic test with a significant value of p-value = 0,032. Suggestions for traders to use alternative ingredients to replace borax, namely carrageenan (seaweed) to improve the physical quality of meatballs in terms of texture, color, and smell.

Keywords : Meatballs, Borax, Organoleptic Test

Reading List : 10 Books + 34 Journals + 1 Regulations of the Minister of Health (2011 - 2023)