

## INTISARI

**Novarinda A. 2018. Pengaruh Konsentrasi Ekstrak Dan Serbuk Daun Jambu Biji Terhadap Lama Penyimpanan dan Kadar Vitamin C Buah Tomat (*Lycopersicum esculentum* Mill.). Program Studi D-IV Analis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.**

Tomat (*Lycopersicum esculentum* Mill.) adalah buah yang mengandung vitamin C tinggi yang dibutuhkan oleh tubuh manusia, namun memiliki sifat mudah rusak. Pengawetan merupakan salah satu cara untuk mempertahankan kualitas buah dan kadar vitamin C. Penggunaan bahan pengawet sintetis tidak direkomendasikan karena menimbulkan penyakit. Pengawetan dapat dilakukan dengan bahan alami seperti larutan ekstrak dan serbuk daun jambu biji. Penelitian ini bertujuan untuk mengetahui pengaruh konsentrasi ekstrak dan serbuk daun jambu biji dan lama penyimpanan terhadap organoleptis dan perubahan vitamin C pada tomat.

Metode penelitian dilakukan dengan merendam tomat dengan seduhan ekstrak dan serbuk daun jambu biji konsentrasi 0%, 1%, 2%, 3% dan 4%. Perendaman dilakukan selama 1 menit dan disimpan pada suhu ruang selama 0, 2, 4 dan 6 hari. Organoleptis diuji dengan kuesioner dan kadar vitamin C diukur menggunakan Spektrofotometer UV-Vis pada panjang gelombang 265 nm. Hasil pengukuran kadar diolah dengan uji ANOVA tiga arah.

Hasil kadar vitamin C tomat yang direndam seduhan ekstrak dan serbuk daun jambu biji selama 1 menit yang paling efektif mempertahankan kadar vitamin C adalah konsentrasi ekstrak 2% dan konsentrasi serbuk 3% berturut-turut sebesar 28,48 mg/100g dan 27,08 mg/100g pada lama penyimpanan 6 hari.

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Kata kunci : konsentrasi seduhan ekstrak dan serbuk daun jambu biji, lama penyimpanan, vitamin C, Spektrofotometri UV-Vis.

## ABSTRACT

**Novarinda A. 2018. *The Effect of Concentration of Extract and Powder of Guava Leave on Storage Time and Vitamin C Containt of Tomato Fruit (Lycopersicum esculentum Mill.)*. Bachelor of Applied Science in Medical Laboratory Technology Program, Health Science Faculty, Setia Budi University.**

Tomatoes (*Lycopersicum esculentum Mill.*) are fruits that contain high vitamin C needed by the human body, but have the property easily damaged. Preservation is one way to maintain the quality of fruit and vitamin C levels. Use of synthetic preservatives is not recommended because it causes illness. Preservation can be done with natural ingredients such as extract solution and guava leaf powder. This study aims to determine the effect of extract concentration and guava leaf powder and storage time to organoleptis and vitamin C changes in tomatoes.

The research method was done by soaking the tomato with the extract solution and the guava leaf powder concentration 0%, 1%, 2%, 3% and 4%. Immersion is carried out for 1 minute and stored at room temperature for 0, 2, 4 and 6 days. The organoleptis was tested with a questionnaire and vitamin C levels were measured using a UV-Vis Spectrophotometer at a wavelength of 265 nm. The results of the measurement were treated with a three-way ANOVA test.

The result of vitamin C content of tomato soaked with extract solution and guava leaf powder for 1 minute which is most effective to maintain vitamin C concentration of 2% extract concentration and 3% powder concentration respectively of 28,48 mg / 100g and 27,08 mg / 100g at 6 days storage time.

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Keywords : guava leaf extract, guava leaf powder, storage period, vitamin C, UV-Vis Spectrophotometry.