

INTISARI

Tutut Alfiah. 2017. Pengaruh Pengolahan terhadap Kadar Vitamin C pada Manisan Basah Buah Pepaya (*Carica papaya* L.), Mangga (*Mangifera indica* L.), Kedondong (*Spondias dulcis* L.) dan Salak (*Salacca edulis* Reinw) dengan Spektrofotometer UV-Vis. Program Studi D-IV Analis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Pengolahan buah-buahan menjadi manisan merupakan upaya untuk meningkatkan umur simpan pada buah, dikarenakan banyak buah yang dalam masa simpannya cepat mengalami kerusakan atau kebusukan. Tujuan penelitian ini untuk mengetahui ada perbedaan kadar vitamin C antara buah segar yang belum diolah dan setelah diolah menjadi manisan basah.

Penelitian ini menggunakan 3 variasi konsentrasi larutan gula 30 %, 40 % dan 50 %. Rata-rata kadar vitamin C pada penelitian ini dianalisis menggunakan metode Spektrofotometri UV-Vis dengan panjang gelombang 265 nm. Rata-rata kadar vitamin C yang diperoleh dianalisis menggunakan uji Anova dan uji T (*Paired sample t-test*).

Berdasarkan hasil pemeriksaan kadar vitamin C pada buah buah segar pepaya, mangga, kedondong dan salak didapatkan bahwa rata-rata kadar vitamin C berturut-turut adalah 7,33 mg/100 g; 3,54 mg/100 g; 3,32 mg/100 g; dan 2,20 mg/100 g. Rata-rata kadar vitamin C yang masih mendekati kadar vitamin C pada buah segar yaitu pada perendaman larutan gula 30% berturut-turut sebesar 5,48 mg/100 g; 3,24 mg/100 g; 2,65 mg/100 g; dan 1,56 mg/100 g. Kesimpulan yang didapat adalah ada perbedaan kadar vitamin C antara buah segar sebelum diolah dan setelah diolah menjadi manisan basah.

Kata Kunci : Manisan basah, spektrofotometer UV-Vis, vitamin C.

ABSTRACT

Alfiah, Tutut. 2017. The Influence of Processing Against the Levels of Vitamin C in Candied Wet Papaya (*Carica papaya* L.), Mango (*Mangifera indica* L.), Kedondong (*Spondias dulcis* L.) and Salak (*Salacca edulis* Reinw) with Spectrophotometry UV-Vis. D-IV Health Analyst, Faculty Of Health Sciences, Setia Budi University.

Processing fruits become candied is an attempt to improve the shelf life on the fruit, because a lot of fruit in a time of save suffered damage or corruption. The purpose of this research was to know there is a difference between vitamin C levels of fresh fruit that have not been processed and once processed into candied wet.

This research uses the 3 variations of the concentration of sugar solution 30%, 40% and 50%. Average levels of vitamin C in this study were analyzed using UV-Vis Spectrophotometry at 265 nm wavelength. Average levels of vitamin C were obtained were analyzed using Anova test and T test (*Paired sample t-test*).

Based on the results of the examination of the levels of vitamin C in fruit fresh papaya, mango, kedondong and salak has been obtained that the average levels of vitamin C in a row is 7.33 mg/100 g; 3.54 mg/100 g; 3.32 mg/100 g; and 2.20 mg/100 g. Average levels of vitamin C are still approaching the levels of vitamin C in fresh fruit soaking in sugar solution 30% in a row of 5.48 mg/100 g; 3.24 mg/100 g; 2.65 mg/100 g; and 1.56 mg/100 g. Conclusions is there a difference between the levels of vitamin C before it is processed and fresh fruit after processed into candied wet.

Keywords : Candied wet, spectrophotometer UV-Vis, vitamin C.