

## ABSTRAK

Ikan Nila (*Oreochromis niloticus*) merupakan ikan air tawar yang memiliki keunggulan, namun biaya pakan menjadi permasalahan utama strategi untuk mengurangi biaya pakan dengan menerapkan teknik pemuasaan. Penelitian ini bertujuan dapat mengetahui pengaruh pemuasaan yang berbeda terhadap laju pertumbuhan dan efisiensi pakan pada Ikan Nila (*Oreochromis niloticus*). Pemeliharaan menggunakan akuarium 90x50x55 cm sebanyak 4 buah dilakukan di Hactery BBI Pandak, Baturraden pada 27 Desember 2021 - 7 Februari 2022. Penelitian ini menggunakan metode eksperimental berdasarkan Rancangan Acak Lengkap (RAL), dengan 4 perlakuan dan 4 ulangan ikan. Perlakuan yang digunakan dalam penelitian ini, yaitu P0 (kontrol), P1 (puasa Senin dan Rabu), P2 (puasa Senin dan Kamis), dan P3 (puasa Senin dan Jum'at). Hasil penelitian menunjukkan bahwa laju pertumbuhan mutlak tidak berbeda nyata dengan nilai rata-rata pada P0 yaitu  $33,65 \pm 12,5$  gram. Laju pertumbuhan panjang menunjukkan hasil tidak berbeda nyata dengan nilai rata-rata pada P0 yaitu  $3,21 \pm 1,1$  cm. Laju pertumbuhan spesifik menunjukkan hasil tidak berbeda nyata dengan nilai rata-rata pada P0  $1,55 \pm 0,4$ . Rasio konversi pakan menunjukkan hasil nilai rata-rata berkisar 2,56 - 4,12. Efisiensi pakan menunjukkan hasil dengan nilai rata-rata berkisar 24 - 39%. Kualitas air meliputi rata-rata pH 7 dan oksigen terlarut (DO) 6,12 - 6,85 mg/L.

**Kata Kunci :** Ikan Nila, pemuasaan, pertumbuhan, efisiensi pakan, kelangsungan hidup.

## ABSTRACT

Tilapia (*Oreochromis niloticus*) is a freshwater fish that has advantages, but feed costs are the main problem in strategies to reduce feed costs by applying fasting techniques. This study aims to determine the effect of different fasting on the growth rate and feed efficiency of Tilapia (*Oreochromis niloticus*). Maintenance using a 90x50x55 cm aquarium of 4 was carried out at the BBI Pandak Hactery, Baturraden on 27 December 2021 - 7 February 2022. This study used an experimental method based on Completely Randomized Design (CRD), with 4 treatments and 4 fish replications. The treatments used in this study were P0 (control), P1 (fasting Monday and Wednesday), P2 (fasting Monday and Thursday), and P3 (fasting Monday and Friday). The results showed that the absolute growth rate was not significantly different from the average value at P0 which was  $33.65 \pm 12.5$  grams. The length growth rate showed that the results were not significantly different from the average value at P0 which was  $3.21 \pm 1.1$  cm. The specific growth rate showed that the results were not significantly different from the average value at P0  $1.55 \pm 0.4$ . The feed conversion ratio shows the average value of 2.56 to 4.12. Feed efficiency showed results with an average value ranging from 24 - 39%. Water quality includes an average pH of 7 and dissolved oxygen (DO) 6.12 - 6.85 mg/L.

**Keywords :** *Tilapia, fasting, growth, feed efficiency, survival rate.*