

ABSTRAK

EFEKTIVITAS PERENDAMAN AIR CUCIAN BERAS PUTIH PUTIH (*Oryza sativa L*) DENGAN VARIASI WAKTU TERHADAP PENURUNAN KADAR FORMALIN PADA IKAN TERI (*Stolephorus sp*)

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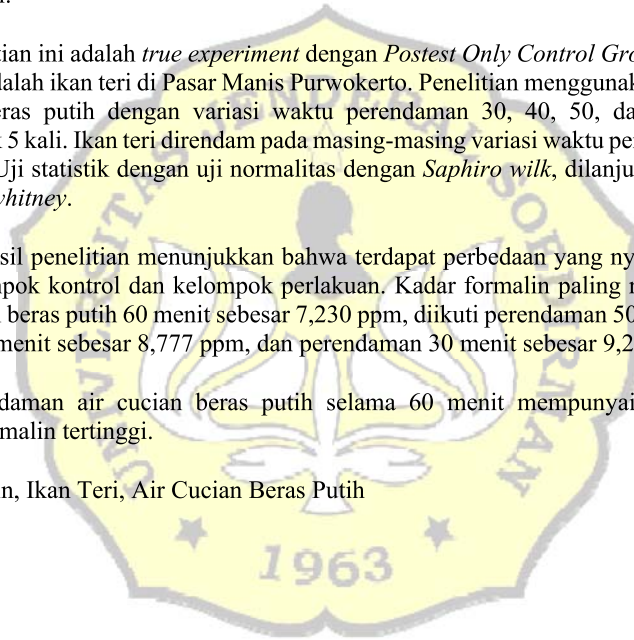
Latar Belakang : Formalin merupakan zat pengawet yang dilarang penggunaannya. LOKA POM Banyumas menemukan 5 kios penjual ikan teri yang mengandung formalin. Pembebasan kandungan formalin ikan teri perlu dilakukan sebelum dikonsumsi dengan perendaman air cucian beras putih. Tujuan penelitian ini untuk mengetahui efektivitas perendaman air cucian beras putih terhadap penurunan kadar formalin pada ikan teri.

Metode : Jenis penelitian ini adalah *true experiment* dengan *Posttest Only Control Group Design*. Populasi dalam penelitian ini adalah ikan teri di Pasar Manis Purwokerto. Penelitian menggunakan Spektrofotometri dengan air cucian beras putih dengan variasi waktu perendaman 30, 40, 50, dan 60 menit dengan pengulangan sebanyak 5 kali. Ikan teri direndam pada masing-masing variasi waktu perendaman, kemudian kadar formalin diuji. Uji statistik dengan uji normalitas dengan *Saphiro wilk*, dilanjut dengan uji *Kruskal wallis*, dan uji *Mann whitney*.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa terdapat perbedaan yang nyata penurunan kadar formalin antara kelompok kontrol dan kelompok perlakuan. Kadar formalin paling rendah terdapat pada perendaman air cucian beras putih 60 menit sebesar 7,230 ppm, diikuti perendaman 50 menit sebesar 8,010 ppm, perendaman 40 menit sebesar 8,777 ppm, dan perendaman 30 menit sebesar 9,263 ppm.

Kesimpulan : Perendaman air cucian beras putih selama 60 menit mempunyai kemampuan untuk menurunkan kadar formalin tertinggi.

Kata Kunci : Formalin, Ikan Teri, Air Cucian Beras Putih



ABSTRACT

EFFECTIVENESS OF SOAKING WHITE RICE (*Oryza sativa L*) WATER WITH VARIATIONS OF TIME ON REDUCING THE FORMALDEHYDE LEVEL IN ANCHOVY (*Stolephorus sp*)

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Background of Research : Formalin is a preservative that is prohibited from use. LOKA POM Banyumas found 5 stalls selling anchovies containing formaldehyde. The release of the formalin content of anchovies needs to be done before consumption by soaking white rice washing water. The purpose of this study was to determine the effectiveness of soaking white rice washing water against reducing formalin levels in anchovies.

Methodology of Research : This research is a true experimental research with Posttest only Control Group design. The population of this research is anchovy in the Manis Purwokerto Market. This research uses spectrophotometry methods with white rice washing water with variations in soaking time of 30, 40, 50, and 60 minutes with 5 repetition. Anchovy were soaked in each treatment, and then the formaldehyde level were tested. The statistical tests with normality tests with Saphiro Wilk, continues with Kruskal wallis test, and Mann whitney test.

Result of Research : The result shows that soaking white rice water can lower the formaldehyde level significantly. The lowest formalin levels were found in 60 minute white rice washing water soaking of 7,230 ppm, followed by 50 minute soaking of 8,010 ppm, 40 minute soaking of 8,777 ppm, and 30 minute soaking of 9,263 ppm.

Conclusion : Soaking white rice washing water for 60 minutes has the ability to reduce the highest formalin levels.

Keyword : Formaldehyde, Anchovy, Soaking White Rice Water

