

## ABSTRAK

### PENGEMBANGAN TEH CELUP DAUN KELOR JAHE SEBAGAI MINUMAN KESEHATAN

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Maus, S.F)\*

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Teh adalah minuman yang sangat umum dalam kehidupan kita sehari-hari. Kebiasaan minum teh sudah dikenal tidak hanya di Indonesia tetapi hampir di seluruh dunia. Teh memiliki banyak manfaat untuk kesehatan. Senyawa dalam teh dapat menyembuhkan beberapa penyakit ringan dan mencegah timbulnya beberapa penyakit serius. Tujuan penelitian ini untuk mengetahui pH, uji tingkat kesukaan konsumen dari parameter organoleptik aroma, rasa dan warna dan kadar air dan kadar abu pada pembuatan teh celup berbahan dasar kelor dengan variasi konsentrasi jahe. Penelitian ini dilakukan di Laboratorium Pendidikan Biologi UKAW Kupang dan di Laboratorium Kimia Universitas Nusa Cendana. Metode yang digunakan dalam penelitian ini adalah metode eksperimen menggunakan rancangan acak lengkap (RAL) dengan 4 perlakuan (3 pengulangan). Perbandingan daun kelor dan jahe dengan variasi perlakuan meliputi: (P0) 100% : 0%, (P1) 90% : 10%, (P2) 80% : 20%, (P3) 70% : 30%. Parameter yang diuji yaitu pH dengan nilai tertinggi pada P3: 5,52% dan terendah P1: 5,22%, uji organoleptik yang meliputi parameter aroma diperoleh  $F_{hitung} 7,316, df=3$ , dan nilai  $P 0,000 < 0,005$ , rasa diperoleh  $F_{hitung} 17,786, df=3$ , dengan nilai  $P 0,000 < 0,005$ , warna diperoleh  $F_{hitung} 4,626, df=3$ , dengan nilai  $P 0,005$ , dan uji proksimat meliputi kadar air dan kadar abu. Berdasarkan hasil uji ANOVA didapatkan Hasil Uji proksimat untuk mengukur kandungan gizi teh celup kelor jahe kadar air tertinggi pada perlakuan P1 sebesar 35% kadar abu tertinggi pada perlakuan P2 sebesar 83%.

**Kata Kunci:** Teh celup kelor jahe merah, pH, organoleptik dan proksimat.

**Keterangan:**

\*) Peneliti

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## ABSTRACT

### DEVELOPMENT OF GINGER MORINGA TEABAGS AS A HEALTH DRINK

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Tea is a very common drink in our daily life. The habit of drinking tea is known not only in Indonesia but almost throughout the world. Tea has many health benefits. The compounds in tea can cure several minor illnesses and prevent the onset of several serious illnesses. The aim of this research is to determine the pH, test the level of consumer preference from the organoleptic parameters of aroma, taste and color and water content and ash content in making moringa-based tea bags with variations in ginger concentration. This research was conducted at the UKAW Kupang Biology Education Laboratory and at the Chemistry Laboratory at Nusa Cendana University. The method used in this research was an experimental method using a completely randomized design (CRD) with 4 treatments (3 repetitions). The comparison of Moringa leaves and ginger with various treatments includes: (P0) 100 % : 0%, (P1) 90 % : 10 %, (P2) 80 % : 20 %, (P3) 70 % : 30 %. The parameters tested were pH with the highest value at P3: 5.52% and the lowest at P1: 5.22%, the organoleptic test which included aroma parameters was obtained  $F_{hitung}$  7.316,  $df = 3$ , and P value of  $0.000 < 0.005$ , taste was obtained  $F_{hitung}$  17.786,  $df = 3$ , with P value of  $0.000 < 0.005$ , color was obtained  $F_{hitung}$  4.626,  $df=3$ , with P value of  $0.005$ , and proximate tests include water content and ash content. Based on the results of the ANOVA test, proximate test results were obtained to measure the nutritional content of ginger moringa tea bags, the highest water content in treatment P1 was 35%, the highest ash content in treatment P2 was 83%.

Keywords: Red ginger Moringa tea bags, pH, organoleptic and proximate.

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