

Lampiran 1. Lembar Persetujuan**LEMBAR PERSETUJUAN SEBAGAI PANELIS**

Saya adalah mahasiswa Program Studi DIII Gizi Poltekkes Kemenkes Riau yang saat ini sedang melakukan pengambilan data untuk uji organoleptik pada produk makanan roti jala daun katuk. Kegiatan ini dilakukan untuk melengkapi data Laporan Tugas Akhir yang mana menjadi salah satu syarat dalam memperoleh gelas diploma gizi. Oleh karena itu, saya memohon kesediaan waktu ibu-ibu sebagai panelis tidak terlatih untuk mengisi formulir penilaian kesukaan terhadap produk yang disajikan. Saya akan merahasiakan seluruh informasi yang ibu-ibu berikan. Atas kerja samanya saya ucapkan terimakasih.

Informed Consent :

Setelah saya mendapat penjelasan mengenai tujuan dan manfaat pengambilan data tersebut, dengan ini saya :

Nama :

Umur :

Dengan ini bersedia menjadi panelis dalam penelitian yang dilakukan oleh mahasiswa Politeknik Kesehatan Kemenkes Riau, yang bernama Nafis Nurfani dengan judul “Uji Tingkat Kesukaan Roti Jala dengan Substitusi Sari Daun Katuk sebagai Makanan Selingan Ibu Menyusui”.

Pekanbaru, Mei 2024

Panelis

()

Lampiran 2. Formulir Uji Organoleptik

FORMULIR UJI ORGANOLEPTIK

Nama :
Produk : Roti jala Daun Katuk
Petunjuk :

1. Dihadapan anda telah disajikan 4 macam produk roti jala dengan kode sampel yang berbeda-beda. Sebelum melakukan uji organoleptik, kumur terlebih dahulu dengan air yang telah disediakan.
2. Nyatakan pilihan anda terhadap warna, aroma, tekstur, dan rasa masing-masing sampel dengan memberikan tanda (\checkmark) pada isian dibawah ini :

| Sifat organoleptik | Tingkat kesukaan | 105 | 358 | 142 | 293 |
|--------------------|-------------------|-----|-----|-----|-----|
| Warna | Sangat suka | | | | |
| | Suka | | | | |
| | Netral | | | | |
| | Tidak suka | | | | |
| | Sangat tidak suka | | | | |
| Aroma | Sangat suka | | | | |
| | Suka | | | | |
| | Netral | | | | |
| | Tidak suka | | | | |
| | Sangat tidak suka | | | | |
| Tekstur | Sangat suka | | | | |
| | Suka | | | | |
| | Netral | | | | |
| | Tidak suka | | | | |
| | Sangat tidak suka | | | | |
| Rasa | Sangat suka | | | | |
| | Suka | | | | |
| | Netral | | | | |
| | Tidak suka | | | | |
| | Sangat tidak suka | | | | |

Saran :

Pekanbaru, Mei 2024

Panelis

()

Lampiran 3. Hasil Analisa Warna Roti Jala

| PANELIS | WARNA | | | | TOTAL |
|---------|-------|-----|-----|-----|-----------|
| | 105 | 358 | 142 | 293 | |
| 1 | 2 | 2 | 4 | 5 | 13 |
| 2 | 4 | 4 | 4 | 4 | 16 |
| 3 | 3 | 3 | 3 | 3 | 12 |
| 4 | 4 | 4 | 3 | 2 | 13 |
| 5 | 5 | 5 | 5 | 5 | 20 |
| 6 | 3 | 4 | 4 | 3 | 14 |
| 7 | 4 | 4 | 4 | 4 | 16 |
| 8 | 4 | 4 | 4 | 2 | 14 |
| 9 | 3 | 3 | 3 | 3 | 12 |
| 10 | 4 | 4 | 4 | 3 | 15 |
| 11 | 4 | 3 | 4 | 4 | 15 |
| 12 | 4 | 4 | 4 | 4 | 16 |
| 13 | 4 | 4 | 4 | 4 | 16 |
| 14 | 5 | 5 | 5 | 5 | 20 |
| 15 | 4 | 4 | 4 | 4 | 16 |
| 16 | 2 | 4 | 4 | 4 | 14 |
| 17 | 4 | 3 | 4 | 4 | 15 |
| 18 | 4 | 4 | 4 | 4 | 16 |
| 19 | 4 | 3 | 4 | 2 | 13 |
| 20 | 3 | 3 | 3 | 3 | 12 |
| 21 | 3 | 4 | 3 | 4 | 14 |
| 22 | 4 | 3 | 3 | 4 | 14 |
| 23 | 4 | 4 | 4 | 4 | 16 |
| 24 | 4 | 5 | 4 | 4 | 17 |
| 25 | 3 | 3 | 4 | 4 | 14 |
| 26 | 5 | 5 | 5 | 5 | 20 |
| 27 | 2 | 4 | 3 | 3 | 12 |
| 28 | 4 | 5 | 4 | 4 | 17 |
| 29 | 4 | 4 | 4 | 4 | 16 |
| 30 | 3 | 3 | 3 | 3 | 12 |
| 31 | 3 | 3 | 3 | 3 | 12 |
| 32 | 3 | 3 | 3 | 3 | 12 |
| 33 | 5 | 4 | 4 | 5 | 18 |
| 34 | 3 | 4 | 4 | 3 | 14 |
| 35 | 4 | 5 | 4 | 4 | 17 |
| 36 | 4 | 4 | 3 | 3 | 14 |
| 37 | 5 | 5 | 4 | 2 | 16 |
| 38 | 5 | 4 | 4 | 5 | 18 |
| 39 | 4 | 4 | 4 | 4 | 16 |
| 40 | 5 | 5 | 5 | 5 | 20 |
| 41 | 4 | 5 | 5 | 5 | 19 |

| PANELIS | WARNA | | | | TOTAL |
|------------------|-------------|-------------|------------|-------------|--------------|
| | 105 | 358 | 142 | 293 | |
| 42 | 4 | 4 | 4 | 4 | 16 |
| 43 | 4 | 4 | 4 | 4 | 16 |
| 44 | 4 | 4 | 4 | 4 | 16 |
| 45 | 4 | 4 | 5 | 4 | 17 |
| 46 | 4 | 4 | 4 | 4 | 16 |
| 47 | 4 | 4 | 4 | 4 | 16 |
| 48 | 5 | 5 | 4 | 4 | 18 |
| 49 | 3 | 4 | 4 | 3 | 14 |
| 50 | 4 | 4 | 4 | 4 | 16 |
| TOTAL | 191 | 197 | 195 | 188 | 771 |
| RATA-RATA | 3,82 | 3,94 | 3,9 | 3,76 | 15,42 |

| Descriptives | | | | | | | | |
|--------------|-----|------|----------------|------------|----------------------------------|-------------|---------|---------|
| Warna | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Minimum | Maximum |
| | | | | | Lower Bound | Upper Bound | | |
| | | | | | P1 | 50 | | |
| P2 | 50 | 3.94 | .712 | .101 | 3.74 | 4.14 | 2 | 5 |
| P3 | 50 | 3.90 | .580 | .082 | 3.74 | 4.06 | 3 | 5 |
| P4 | 50 | 3.76 | .822 | .116 | 3.53 | 3.99 | 2 | 5 |
| Total | 200 | 3.86 | .726 | .051 | 3.75 | 3.96 | 2 | 5 |

| ANOVA | | | | | |
|----------------|----------------|-----|-------------|------|------|
| Warna | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | .975 | 3 | .325 | .614 | .607 |
| Within Groups | 103.820 | 196 | .530 | | |
| Total | 104.795 | 199 | | | |

Lampiran 4. Hasil Analisa Aroma Roti Jala

| PANELIS | AROMA | | | | TOTAL |
|---------|-------|-----|-----|-----|-----------|
| | 105 | 358 | 142 | 293 | |
| 1 | 3 | 4 | 4 | 3 | 14 |
| 2 | 3 | 3 | 3 | 3 | 12 |
| 3 | 4 | 4 | 4 | 4 | 16 |
| 4 | 4 | 4 | 4 | 4 | 16 |
| 5 | 5 | 3 | 3 | 3 | 14 |
| 6 | 2 | 4 | 4 | 4 | 14 |
| 7 | 3 | 3 | 3 | 3 | 12 |
| 8 | 4 | 4 | 4 | 4 | 16 |
| 9 | 2 | 2 | 4 | 3 | 11 |
| 10 | 4 | 2 | 4 | 3 | 13 |
| 11 | 3 | 3 | 3 | 3 | 12 |
| 12 | 5 | 5 | 5 | 5 | 20 |
| 13 | 4 | 4 | 4 | 4 | 16 |
| 14 | 3 | 4 | 4 | 4 | 15 |
| 15 | 4 | 4 | 4 | 4 | 16 |
| 16 | 3 | 3 | 3 | 3 | 12 |
| 17 | 3 | 4 | 4 | 3 | 14 |
| 18 | 5 | 4 | 3 | 4 | 16 |
| 19 | 3 | 3 | 3 | 3 | 12 |
| 20 | 3 | 3 | 3 | 3 | 12 |
| 21 | 4 | 3 | 3 | 4 | 14 |
| 22 | 3 | 3 | 3 | 3 | 12 |
| 23 | 5 | 5 | 5 | 5 | 20 |
| 24 | 4 | 4 | 4 | 4 | 16 |
| 25 | 4 | 3 | 3 | 3 | 13 |
| 26 | 5 | 5 | 5 | 5 | 20 |
| 27 | 3 | 5 | 3 | 3 | 14 |
| 28 | 5 | 5 | 5 | 5 | 20 |
| 29 | 4 | 4 | 4 | 3 | 15 |
| 30 | 3 | 3 | 3 | 3 | 12 |
| 31 | 3 | 3 | 3 | 3 | 12 |
| 32 | 4 | 4 | 4 | 4 | 16 |
| 33 | 4 | 3 | 4 | 5 | 16 |
| 34 | 2 | 2 | 2 | 2 | 8 |
| 35 | 3 | 3 | 3 | 3 | 12 |
| 36 | 3 | 3 | 2 | 5 | 13 |
| 37 | 4 | 4 | 4 | 4 | 16 |
| 38 | 4 | 4 | 5 | 5 | 18 |
| 39 | 3 | 3 | 3 | 3 | 12 |

| PANELIS | AROMA | | | | TOTAL |
|------------------|-------------|-------------|-------------|-------------|-------------|
| | 105 | 358 | 142 | 293 | |
| 40 | 5 | 3 | 3 | 2 | 13 |
| 41 | 5 | 4 | 4 | 4 | 17 |
| 42 | 3 | 3 | 2 | 2 | 10 |
| 43 | 4 | 4 | 4 | 4 | 16 |
| 44 | 4 | 4 | 4 | 4 | 16 |
| 45 | 2 | 2 | 2 | 2 | 8 |
| 46 | 4 | 5 | 2 | 3 | 14 |
| 47 | 4 | 5 | 4 | 4 | 17 |
| 48 | 5 | 4 | 4 | 4 | 17 |
| 49 | 4 | 4 | 4 | 4 | 16 |
| 50 | 3 | 4 | 3 | 4 | 14 |
| TOTAL | 183 | 181 | 177 | 179 | 720 |
| RATA-RATA | 3,66 | 3,62 | 3,54 | 3,58 | 14,4 |

| Descriptives | | | | | | | | |
|--------------|-----|------|----------------|------------|----------------------------------|-------------|---------|---------|
| Aroma | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Minimum | Maximum |
| | | | | | Lower Bound | Upper Bound | | |
| P1 | 50 | 3.66 | .872 | .123 | 3.41 | 3.91 | 2 | 5 |
| P2 | 50 | 3.62 | .830 | .117 | 3.38 | 3.86 | 2 | 5 |
| P3 | 50 | 3.54 | .813 | .115 | 3.31 | 3.77 | 2 | 5 |
| P4 | 50 | 3.58 | .835 | .118 | 3.34 | 3.82 | 2 | 5 |
| Total | 200 | 3.60 | .833 | .059 | 3.48 | 3.72 | 2 | 5 |

| ANOVA | | | | | |
|----------------|----------------|-----|-------------|------|------|
| Aroma | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | .400 | 3 | .133 | .190 | .903 |
| Within Groups | 137.600 | 196 | .702 | | |
| Total | 138.000 | 199 | | | |

Lampiran 5. Hasil Analisa Tekstur Roti Jala

| PANELIS | TEKSTUR | | | | TOTAL |
|---------|---------|-----|-----|-----|-----------|
| | 105 | 358 | 142 | 293 | |
| 1 | 4 | 4 | 4 | 4 | 16 |
| 2 | 3 | 3 | 3 | 3 | 12 |
| 3 | 4 | 4 | 4 | 4 | 16 |
| 4 | 4 | 4 | 4 | 4 | 16 |
| 5 | 5 | 5 | 5 | 5 | 20 |
| 6 | 4 | 4 | 4 | 4 | 16 |
| 7 | 3 | 3 | 4 | 4 | 14 |
| 8 | 4 | 4 | 4 | 4 | 16 |
| 9 | 4 | 4 | 4 | 4 | 16 |
| 10 | 4 | 4 | 4 | 4 | 16 |
| 11 | 2 | 3 | 4 | 4 | 13 |
| 12 | 5 | 5 | 5 | 5 | 20 |
| 13 | 4 | 4 | 4 | 4 | 16 |
| 14 | 4 | 4 | 4 | 4 | 16 |
| 15 | 4 | 5 | 5 | 4 | 18 |
| 16 | 3 | 4 | 4 | 4 | 15 |
| 17 | 4 | 4 | 4 | 4 | 16 |
| 18 | 4 | 4 | 4 | 4 | 16 |
| 19 | 3 | 4 | 4 | 4 | 15 |
| 20 | 3 | 3 | 3 | 3 | 12 |
| 21 | 4 | 3 | 3 | 3 | 13 |
| 22 | 5 | 5 | 5 | 5 | 20 |
| 23 | 4 | 4 | 4 | 4 | 16 |
| 24 | 4 | 4 | 4 | 4 | 16 |
| 25 | 4 | 4 | 4 | 4 | 16 |
| 26 | 5 | 5 | 5 | 5 | 20 |
| 27 | 5 | 5 | 5 | 4 | 19 |
| 28 | 4 | 4 | 4 | 4 | 16 |
| 29 | 4 | 4 | 4 | 4 | 16 |
| 30 | 3 | 3 | 3 | 3 | 12 |
| 31 | 3 | 3 | 3 | 3 | 12 |
| 32 | 4 | 4 | 4 | 2 | 14 |
| 33 | 4 | 4 | 4 | 3 | 15 |
| 34 | 4 | 4 | 4 | 4 | 16 |
| 35 | 4 | 4 | 3 | 4 | 15 |
| 36 | 3 | 4 | 4 | 3 | 14 |
| 37 | 2 | 2 | 3 | 3 | 10 |
| 38 | 5 | 5 | 4 | 5 | 19 |
| 39 | 4 | 4 | 4 | 4 | 16 |

| PANELIS | TEKSTUR | | | | TOTAL |
|------------------|-------------|-------------|-------------|-------------|--------------|
| | 105 | 358 | 142 | 293 | |
| 40 | 5 | 5 | 5 | 5 | 20 |
| 41 | 4 | 4 | 4 | 4 | 16 |
| 42 | 4 | 4 | 4 | 4 | 16 |
| 43 | 4 | 4 | 4 | 4 | 16 |
| 44 | 4 | 5 | 4 | 4 | 17 |
| 45 | 3 | 4 | 4 | 3 | 14 |
| 46 | 4 | 3 | 3 | 2 | 12 |
| 47 | 4 | 4 | 4 | 4 | 16 |
| 48 | 4 | 4 | 4 | 4 | 16 |
| 49 | 5 | 4 | 4 | 5 | 18 |
| 50 | 3 | 3 | 4 | 3 | 13 |
| TOTAL | 194 | 198 | 199 | 193 | 784 |
| RATA-RATA | 3,88 | 3,96 | 3,98 | 3,86 | 15,68 |

| Descriptives | | | | | | | | |
|--------------|-----|------|----------------|------------|----------------------------------|-------------|---------|---------|
| Tekstur | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Minimum | Maximum |
| | | | | | Lower Bound | Upper Bound | | |
| P1 | 50 | 3.88 | .718 | .102 | 3.68 | 4.08 | 2 | 5 |
| P2 | 50 | 3.96 | .669 | .095 | 3.77 | 4.15 | 2 | 5 |
| P3 | 50 | 3.98 | .553 | .078 | 3.82 | 4.14 | 3 | 5 |
| P4 | 50 | 3.86 | .700 | .099 | 3.66 | 4.06 | 2 | 5 |
| Total | 200 | 3.92 | .660 | .047 | 3.83 | 4.01 | 2 | 5 |

| ANOVA | | | | | |
|---------------|----------------|-----|-------------|---|------|
| Tekstur | Sum of Squares | df | Mean Square | F | Sig. |
| | | | | | |
| Within Groups | 86.200 | 196 | .440 | | |
| Total | 86.720 | 199 | | | |

Lampiran 6. Hasil Analisa Rasa Roti Jala

| PANELIS | RASA | | | | total |
|---------|------|-----|-----|-----|-----------|
| | 105 | 358 | 142 | 293 | |
| 1 | 3 | 3 | 3 | 3 | 12 |
| 2 | 3 | 3 | 3 | 3 | 12 |
| 3 | 3 | 3 | 3 | 3 | 12 |
| 4 | 4 | 4 | 4 | 4 | 16 |
| 5 | 5 | 5 | 5 | 5 | 20 |
| 6 | 4 | 4 | 4 | 4 | 16 |
| 7 | 3 | 3 | 3 | 3 | 12 |
| 8 | 4 | 4 | 4 | 4 | 16 |
| 9 | 3 | 3 | 4 | 4 | 14 |
| 10 | 4 | 4 | 4 | 3 | 15 |
| 11 | 2 | 3 | 3 | 3 | 11 |
| 12 | 5 | 5 | 5 | 5 | 20 |
| 13 | 4 | 4 | 4 | 3 | 15 |
| 14 | 4 | 4 | 4 | 3 | 15 |
| 15 | 4 | 4 | 5 | 5 | 18 |
| 16 | 3 | 4 | 4 | 4 | 15 |
| 17 | 4 | 3 | 3 | 3 | 13 |
| 18 | 4 | 4 | 2 | 2 | 12 |
| 19 | 3 | 3 | 3 | 3 | 12 |
| 20 | 3 | 3 | 3 | 3 | 12 |
| 21 | 4 | 4 | 4 | 3 | 15 |
| 22 | 4 | 3 | 3 | 4 | 14 |
| 23 | 4 | 4 | 4 | 4 | 16 |
| 24 | 3 | 4 | 4 | 3 | 14 |
| 25 | 5 | 5 | 5 | 5 | 20 |
| 26 | 5 | 5 | 5 | 5 | 20 |
| 27 | 4 | 4 | 3 | 3 | 14 |
| 28 | 4 | 3 | 3 | 2 | 12 |
| 29 | 4 | 4 | 4 | 4 | 16 |
| 30 | 3 | 3 | 3 | 3 | 12 |
| 31 | 3 | 3 | 3 | 3 | 12 |
| 32 | 4 | 4 | 4 | 4 | 16 |
| 33 | 3 | 4 | 4 | 3 | 14 |
| 34 | 3 | 4 | 4 | 3 | 14 |
| 35 | 2 | 2 | 2 | 2 | 8 |
| 36 | 3 | 3 | 3 | 3 | 12 |
| 37 | 3 | 4 | 4 | 2 | 13 |
| 38 | 4 | 4 | 4 | 5 | 17 |
| 39 | 4 | 4 | 3 | 3 | 14 |

| PANELIS | RASA | | | | TOTAL |
|------------------|------------|-------------|-------------|-------------|--------------|
| | 105 | 358 | 142 | 293 | |
| 40 | 5 | 5 | 5 | 3 | 18 |
| 41 | 5 | 5 | 5 | 5 | 20 |
| 42 | 3 | 5 | 4 | 3 | 15 |
| 43 | 4 | 3 | 3 | 3 | 13 |
| 44 | 3 | 4 | 3 | 4 | 14 |
| 45 | 3 | 3 | 3 | 3 | 12 |
| 46 | 3 | 4 | 2 | 3 | 12 |
| 47 | 5 | 5 | 5 | 5 | 20 |
| 48 | 4 | 4 | 4 | 4 | 16 |
| 49 | 2 | 3 | 3 | 2 | 10 |
| 50 | 2 | 3 | 3 | 2 | 10 |
| TOTAL | 180 | 188 | 182 | 171 | 721 |
| RATA-RATA | 3,6 | 3,76 | 3,64 | 3,42 | 14,42 |

| Descriptives | | | | | | | | |
|--------------|-----|------|----------------|------------|----------------------------------|-------------|---------|---------|
| Rasa | N | Mean | Std. Deviation | Std. Error | 95% Confidence Interval for Mean | | Minimum | Maximum |
| | | | | | Lower Bound | Upper Bound | | |
| P1 | 50 | 3.60 | .833 | .118 | 3.36 | 3.84 | 2 | 5 |
| P2 | 50 | 3.76 | .744 | .105 | 3.55 | 3.97 | 2 | 5 |
| P3 | 50 | 3.64 | .827 | .117 | 3.40 | 3.88 | 2 | 5 |
| P4 | 50 | 3.42 | .906 | .128 | 3.16 | 3.68 | 2 | 5 |
| Total | 200 | 3.61 | .832 | .059 | 3.49 | 3.72 | 2 | 5 |

| ANOVA | | | | | |
|----------------|----------------|-----|-------------|-------|------|
| Rasa | Sum of Squares | df | Mean Square | F | Sig. |
| Between Groups | 2.975 | 3 | .992 | 1.442 | .232 |
| Within Groups | 134.820 | 196 | .688 | | |
| Total | 137.795 | 199 | | | |

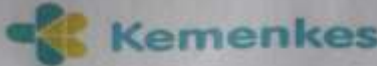
Lampiran 7. Dokumentasi Pembuatan Roti Jala



Lampiran 8. Dokumentasi Uji Organoleptik Roti Jala



Lampiran 9. Surat Izin Penelitian



Kemenkes

Kementerian Kesehatan
Republik Indonesia

📍 Jalan Mawar No. 103, Hegerani, Serajek,
 Pekanbaru, Riau 28122

☎️ 0271 36181
 🌐 <http://kemkes.go.id>

NOTA DINAS
 NOMOR : PP.03.03/F.LI.1/293/2024

Yth. : Kepala Unit Laboratorium Terpadu
 Dari : Wakil Direktur I Poltekkes Kemenkes Riau
 Hal : Izin Penelitian
 Tanggal : 10 Mei 2024

Bersama ini kami sampaikan kepada Bapak/Ibu bahwa mahasiswa/i Jurusan Gizi Politeknik Kesehatan Kemenkes Riau Tahun Akademik 2023/2024 diwajibkan untuk membuat Karya Tulis Ilmiah yang merupakan salah satu persyaratan untuk menyelesaikan Pendidikan Diploma III Gizi. Sehubungan dengan hal tersebut, kami mohon bantuan Bapak/Ibu agar dapat memberikan izin dan memfasilitasi untuk melakukan pengumpulan data di lokasi yang akan menjadi tempat penelitian kepada mahasiswa/i :


Nama : Nafis Nurhani
 Nim : P032113411067
 Judul Penelitian : Uji tingkat Kesukaan Roti Jala dengan Substitusi Sari Daun Katuk (*Saururus Androgynous*) sebagai Makanan Selingan Ibu Menyusui.

Dengan ketentuan sebagai berikut :

1. Tidak melakukan kegiatan yang menyimpang dari ketentuan yang telah ditetapkan oleh Poltekkes Kemenkes Riau.
2. Pelaksanaan Kegiatan Penelitian tersebut dilaksanakan setelah Surat izin ini ditetapkan.

Demikianlah disampaikan atas perhatian dan kerjasama yang baik diucapkan terima kasih.

Wakil Direktur I Poltekkes Kemenkes
 Riau,



Aikausyari Aziz

Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silahkan laporkan melalui HALO KEMENKES 1500567 dan <https://whs.kemkes.go.id>
 Untuk verifikasi keaslian tanda tangan elektronik, silahkan unggah dokumen pada laman <https://hr.keminfo.go.id/whs/PDF>.

