

## **ANALYSIS OF BORAX AND FORMALINS IN ANIMAL AND PLANT-BASED SIDE DISHES IN NUTRITION INSTALLATION OF RSUD PANEMBAHAN SENOPATI BANTUL**

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### **ABSTRACT**

**Latar Belakang :** Animal safety is a crucial factor in the success of food provision. Special Special supervision is still required for food safety concerning the use of hazardous preservatives such as borax and formalin, as they are cheaper compared to other preservatives. Foods containing borax and formalin can pose health risks to the body.

**Tujuan :** To identify the presence of borax and formalin in animal and plant-based foodstuffs at the Nutrition Instalation RSUD Panembahan Senopati Bantul.

**Metode :** This research is an observational study with a cross-sectional qualitative design of a descriptive nature. It was conducted through direct observation of 8 animal-based food ingredients and 2 plant-based food ingredients for their borax and formalin content in the Nutrition Installation of Panembahan Senopati Regional Hospital, Bantul, over a 10-day menu cycle. Qualitative analysis of borax and formalin was performed using an easy test kit based on color change principles. Data collection was carried out with 2 repetitions.

**Hasil :** The results of the qualitative analysis of animal-based and plant-based foodstuffs at the Nutrition Instalation RSUD Panembahan Senopati Bantul Facility over a 10-day menu cycle with two repetitions showed that 8 samples of animal-based foodstuffs, namely chicken meat, beef, milkfish otak-otak, fish rollade, tuna, egg white, chicken galantin, and beef meatballs, were tested. For plant-based foodstuffs, 2 samples were taken, namely white tofu and soybean tempeh, and neither contained borax or formalin. Based on the analysis results, food safety at the Nutrition Instalation RSUD Panembahan Senopati Bantul is categorized as safe because it does not contain borax or formalin.

**Kesimpulan :** The analysis results of 8 samples of animal-based dishes and 2 samples of plant-based dishes at the Nutrition Instalation RSUD Panembahan Senopati Bantul over a 10-day menu cycle with two repetitions showed no presence of borax and formalin.

**Kata Kunci :** Borax, formalin, food safety, animal-based and plant-based foodstuffs.

## **ANALISIS BORAKS DAN FORMALIN PADA BAHAN MAKANAN LAUK HEWANI DAN NABATI DI INSTALASI GIZI RSUD PANEMBAHAN SENOPATI BANTUL**

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### **ABSTRAK**

**Latar Belakang :** Keamanan pangan merupakan faktor penting dalam keberhasilan penyelenggaraan makanan. Keamanan pangan yang masih memerlukan pengawasan khusus yaitu pada penggunaan pengawet berbahaya seperti boraks dan formalin karena memiliki harga yang lebih murah dibanding bahan pengawet lainnya. Makanan dengan kandungan boraks dan formalin dapat mengakibatkan bahaya bagi tubuh.

**Tujuan :** Untuk mengetahui boraks dan formalin pada bahan makanan lauk hewani dan nabati di Instalasi Gizi RSUD Panembahan Senopati Bantul.

**Metode :** Penelitian ini merupakan penelitian observasional dengan design *cross sectional* secara kualitatif yang bersifat deskriptif. Penelitian ini dilakukan dengan cara pengamatan langsung pada 8 bahan makanan lauk hewani dan 2 bahan makanan lauk nabati secara kimiawi yang ditinjau dari kandungan boraks dan formalin di Instalasi Gizi RSUD Panembahan Senopati Bantul selama siklus menu 10 hari. Analisis kualitatif boraks dan formalin dilakukan menggunakan *easy test kit* dengan prinsip perubahan warna. Pengambilan data dilakukan dengan 2 kali pengulangan.

**Hasil :** Hasil analisis kualitatif bahan makanan lauk hewani dan nabati di Instalasi Gizi RSUD Panembahan Senopati Bantul selama siklus menu 10 hari dengan 2 kali pengulangan menunjukkan bahwa dari 8 sampel bahan makanan lauk hewani yang terdiri dari daging ayam, daging sapi, otak-otak bandeng, rollade ikan, ikan tuna, putih telur, galantin ayam, dan bakso sapi, serta 2 sampel lauk nabati yaitu tahu putih dan tempe kedelai, tidak ditemukan kandungan boraks dan formalin. Berdasarkan hasil analisis tersebut, keamanan pangan di RSUD Panembahan Senopati Bantul termasuk dalam kategori aman karena tidak mengandung boraks dan formalin.

**Kesimpulan :** Hasil analisis 8 sampel lauk hewani dan 2 sampel lauk nabati di Instalasi Gizi RSUD Panembahan Senopati Bantul selama siklus menu 10 hari dengan 2 kali pengulangan tidak mengandung boraks dan formalin.

**Kata Kunci :** Boraks, Formalin, keamanan pangan, lauk hewani dan lauk nabati.