

**MODIFIKASI RESEP LAUK IKAN DITINJAU DARI TINGKAT
KESUKAAN DAN SISA MAKANAN SISWA SMA INSAN MULIA
BOARDING SCHOOL YOGYAKARTA**

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ABSTRAK

Latar Belakang : Ikan mempunyai asam amino esensial dengan serat-serat protein lebih pendek dari protein hewani lainnya seperti daging sapi, ayam dan daging yang lain, sehingga protein ikan cepat diabsorpsi oleh tubuh. Akan tetapi ada beberapa factor yang menyebabkan sebagian orang kurang menyukai ikan. Berdasarkan studi pendahuluan di SMA Insan Mulia *Boarding School* Yogyakarta, sisa makanan lauk hewani ikan terutama ikan bandeng lebih banyak daripada lauk hewani yang lainnya, karena banyak siswa kurang menyukai olahan ikan bandeng

Tujuan : Mengetahui perbedaan tingkat kesukaan dan sisa makanan siswa terhadap lauk ikan resep standar dan resep modifikasi

Metode Penelitian : Penelitian ini adalah penelitian eksperimental semu dengan rancangan penelitian *Posttest Only Design*. Penelitian dilaksanakan pada Februari 2020. Subyek penelitian adalah siswa SMA Insan Mulia *Boarding School* sebanyak 30 siswa.

Hasil Penelitian : Modifikasi resep dilakukan pada cara pengolahan dan bentuk. Berdasarkan aspek warna, rasa, aroma, tekstur dan bentuk, siswa lebih menyukai nugget bandeng daripada bandeng goreng telur. Rata-rata sisa makanan pada bandeng goreng telur lebih banyak (30,9%) daripada bandeng goreng telur (0%). Hasil uji *Chi-Square* pada tingkat kesukaan siswa diperoleh $p < 0,05$. Hasil uji *Fisher-exact test* pada sisa makanan siswa diperoleh $p < 0,05$

Kesimpulan : Ada perbedaan tingkat kesukaan siswa terhadap lauk ikan resep standar dan resep modifikasi. Ada perbedaan sisa makanan siswa terhadap lauk ikan resep standar dan resep modifikasi.

Kata Kunci : Modifikasi resep, tingkat kesukaan, sisa makanan.

MODIFICATION OF FISH SIDE DISH RECIPES BASED ON THE LEVEL OF PREFERENCE AND FOOD WASTE OF INSAN MULIA BOARDING SCHOOL STUDENTS IN YOGYAKARTA

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ABSTRACT

Background : Fish have essential amino acids with protein fibers shorter than other animal proteins such as beef, chicken and other meat, so fish protein is absorbed quickly by the body. However, there are several factors that cause some people do not like fish. Based on a preliminary study at the Insan Mulia Boarding School Yogyakarta High School, there are more food waste of fish animal side dishes, especially milkfish than other animal side dishes, because many students do not like milk fish dishes.

Objective : To know the differences of level of preference and food waste of students toward standard fish dishes and recipe modifications

Research methods :This research is a quasi-experimental study with Posttest Only Design. The study was conducted in February 2020. The subjects of the research are 30 students of Insan Mulia Boarding School.

Research result :Modification of recipes is done in the way of processing and form. Based on aspects of color, taste, aroma, texture and shape, students prefer milkfish nuggets rather than egg-fried milkfish. The average food waste in milk-fried milkfish is more (30.9%) than milk-fried milkfish (0%). Chi-Square test results on the level of student preferences obtained $p < 0.05$. Fisher exact test results on students' food waste obtained $p < 0.05$

Conclusion: There is a difference in the level of students preference for standard fish dishes and modified recipes. There is a difference in the students' food waste with the standard fish dish and the recipe modification.

Keywords : Modification of recipes, level of preference, food waste.