

## ABSTRAK

**Ervina Utami Tamola. 2014.** Uji Kadar Air dan Asam Peroxida pada Minyak Kelapa Tradisional (Studi Kasus Masyarakat di Kecamatan Bongomeme Kabupaten Gorontalo). Skripsi. Program Studi Kesehatan Masyarakat, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing 1 Dian Saraswati, S.Pd, M.Kes dan Pembimbing II Lia Amalia, SKM, M.Kes.

Kadar Air yang terdapat pada Minyak Kelapa Tradisional secara umum masih banyak ditemukan. Kadar air yang berlebihan akan mempengaruhi mutu dan kualitas suatu minyak sehingga minyak tersebut dapat rusak dan menimbulkan Asam Peroxida/Bilangan Peroxida, dengan timbulnya AsamPeroxida/Bilangan Peroxida dapat menurunkan lama penyimpanan pada minyak kelapa tradisional. Tujuan penelitian ini untuk mengetahui kandungan Kadar Air dan Asam Peroxida pada Minyak Kelapa Tradisional.

Desain Penelitian *deskriptif* dengan pendekatan *kuantitatif*. Industri rumah tangga sebanyak 9 sampel Minyak Kelapa Tradisional ditentukan dengan tehnik *Total Sampling*. Tehnik analisis data disajikan dalam bentuk tabel frekuensi serta dijelaskan dalam bentuk narasi secara univariat.

Hasil Penelitian menunjukkan bahwa terdapat 6 Industri Rumah Tangga (66,7%) yang kadar airnya memenuhi syarat berkisar antara 0,24-0,33%.Seluruh Minyak kelapa tradisional yang diperiksa memenuhi syarat SNI 01-2902-2011 Asam Peroxida/Bilangan Peroxida rata-rata  $< 5$  mg ek/kg berkisar antara 0,63-1,86 mg ek/kg normal.Saran untuk lebih memperhatikan cara pengolahan Minyak Kelapa Tradisional oleh pengolah Industri Rumah Tangga. Maka perlu adanya pengawasan oleh BPOM (Badan Pengawasan Obat dan Makanan) dan Dinas Perindustrian dan Perdagangan tentang pengolahan Minyak Kelapa tradisional di Industri Rumah Tangga tersebut.

**Kata Kunci : Kadar Air, Asam Peroxida, Minyak Kelapa Tradisional**

## ABSTRACT

**Ervina Utami Tamola. 2014.** The test of Water Content and Acid Peroxide on the Traditional Coconut Oil (A Case Study in Bongomeme Subdistric, Gorontalo District). Skripsi. Study Program of Public Health, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was Dian Saraswati, S.Pd, M.Kes and the co-supervisor was Lia Amalia, SKM, M.Kes.

The water content generally found in traditional coconut oil. Excessive Water content will affect the oil quality, so that the oil will be damaged and produce acid peroxide. The acid peroxide can increase the storage time of traditional coconut oil. The research aimed to find out the water content and acid peroxide in traditional coconut oil.

The research applied *descriptive* design by having *quantitative* approach. There were 9 samples of coconut oil obtained from domestic industries by using *Total Sampling* technique. The technique of data analysis was univariate technique. Then, it was presented in frequency table and explained in form of narration univariately.

The result showed that there were 6 domestic industries (66,7%) which produced the coconut oil with water content was eligible as about 0,24-0,33%. All traditional coconut oil was appropriate to SNI 01-2902-2011. The average of acid peroxide  $< 5$  mg ek/kg was about 0,63-1,86 mg ek/kg and categorized as normal. It suggests to the household industry manager to pay more attention about the way of processing the traditional coconut oil. It is necessary to control the processing of the traditional coconut oil.

**Keywords: Water Content, Acid Peroxide, Traditional Coconut Oil**