

**PENGARUH JENIS DAUN PEPAYA, LAMA PEREBUSAN, DAN PENAMBAHAN AMPO TERHADAP
MUTU ORGANOLEPTIK DAN AKTIVITAS ANTIBAKTERI**

***The Effect Of Papaya Leaf Types, Boiling Time, and Addition of Ampo On Organoleptic Quality
and Antibacterial Activities***

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ABSTRACT

Papaya leaves (Carica papaya L.) and japanese papaya leaves (Cnidioscolus aconitifolius) contain active some potentially substances as antibacterial, such as flavonoids, alkaloids, saponins, tannins and terpenoids. This study aims to determine the effect of boiling time and the addition of ampo on organoleptic quality and antibacterial activity of papaya leaf types. The method of processing papaya leaves is boiled for time 11 minutes, 13 minutes, and 15 minutes with the addition of ampo and without the addition of ampo. Antibacterial activity was measured using the diffusion method by means of wells, the inhibitory zones formed were measured by calipers in millimeters. The results showed that there was a significant influence on the organoleptic quality and antibacterial activity of papaya leaf types ($\alpha < 0.05$). Papaya leaves have better antibacterial activity than Japanese papaya leaves, which is based on inhibition zones against E.coli bacteria of 6.54 mm and S. typhi of 6.34 mm. However, fresh papaya leaves have better antibacterial activity than boiled papaya leaves, which are based on inhibitory zones of E.coli by 7.40 mm and S. typhi by 7.20 mm. The hedonic results of the color, taste, and texture is the preference level of the panelist, from the level of liking to the very like. The hedonic quality results of the color are light green to dark green, the hedonic quality results of the taste is a very bitter to rather bitter, and the hedonic quality result of the texture is a soft to very soft.

Keywords : ampo, antibacterial activity, boiling time, pepaya leaf types

ABSTRAK

Daun pepaya (Carica papaya L.) dan daun pepaya jepang (Cnidioscolus aconitifolius) mengandung beberapa zat aktif yang berpotensi sebagai antibakteri, yaitu flavonoid, alkaloid, saponin, tannin dan terpenoid. Penelitian ini bertujuan mengetahui pengaruh lama perebusan dan penambahan ampo terhadap mutu organoleptik dan aktivitas antibakteri pada jenis daun pepaya. Cara pengolahan daun pepaya adalah direbus dengan lama 11 menit, 13 menit, dan 15 menit dengan penambahan ampo dan tanpa penambahan ampo. Aktivitas antibakteri diukur menggunakan metode difusi dengan cara sumuran, zona hambat yang terbentuk diukur dengan jangka sorong dalam satuan millimeter. Hasil menunjukkan bahwa ada pengaruh yang nyata terhadap mutu organoleptik dan aktivitas antibakteri jenis daun pepaya ($\alpha < 0,05$). Daun pepaya memiliki aktivitas antibakteri lebih baik dibandingkan daun pepaya jepang, yaitu berdasarkan zona hambat terhadap bakteri E.coli sebesar 6,54 mm dan S. typhi sebesar 6,34 mm. Namun, daun pepaya segar memiliki aktivitas antibakteri lebih baik dibandingkan daun pepaya yang telah direbus, yaitu berdasarkan zona hambat terhadap bakteri E.coli sebesar 7,40 mm dan S. typhi sebesar 7,20 mm. Hasil hedonik warna, rasa, dan tekstur tingkat kesukaan panelis yaitu dari tingkat disukai hingga amat sangat disukai. Hasil mutu hedonik warna adalah hijau muda hingga hijau tua, mutu hedonik rasa adalah sangat pahit hingga agak pahit, dan mutu hedonik tekstur adalah lembut hingga sangat lembut.

Kata kunci : jenis daun pepaya, lama perebusan, ampo, aktivitas antibakteri

