

ABSTRAK

KUALITAS FISIK YOGHURT SUSU SAPI DENGAN PENAMBAHAN PEMANIS ALAMI STEVIA (*Stevia rebaudiana Bertoni*)

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Penelitian ini bertujuan untuk mengevaluasi pengaruh penambahan Stevia (*Stevia rebaudiana Bertoni*) terhadap kualitas fisik yoghurt berbahan dasar susu sapi, yang meliputi parameter pH, total asam, dan viskositas. Penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan empat perlakuan, yaitu dengan penambahan gula 7% (P0), serta dengan penambahan Stevia dengan konsentrasi 1% (P1), 3% (P2), dan 5% (P3) masing-masing dengan lima ulangan. Hasil penelitian menunjukkan bahwa penambahan Stevia berpengaruh sangat nyata terhadap nilai pH, total asam, dan viskositas pada yoghurt susu sapi ($P < 0,05$). Penambahan Stevia dengan presentase 1%, 3%, dan 5% menghasilkan nilai pH, total asam, dan viskositas yang dihasilkan dari penelitian ini masih berada di dalam kisaran standar mutu yoghurt. Dengan demikian, penggunaan Stevia pada level tertentu berpotensi meningkatkan kualitas fungsional yoghurt susu sapi.

Kata kunci: pH, Stevia, Susu sapi, Total asam, Viskositas

ABSTRACT

PHYSICAL QUALITY OF COW MILK YOGHURT WITH THE ADDITION OF NATURAL SWEETENER STEVIA (*Stevia rebaudiana Bertoni*)

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This study aimed to evaluate the effect of Stevia (*Stevia rebaudiana Bertoni*) addition on the physical quality of cow's milk-based yogurt, including pH, total acidity, and viscosity parameters. The study used a Completely Randomized Design (CRD) with four treatments: the addition of 7% sugar (P0), and the addition of Stevia at concentrations of 1% (P1), 3% (P2), and 5% (P3), each with five replications. The results showed that the addition of Stevia had a highly significant effect on pH, total acidity, and viscosity of cow's milk yogurt ($P < 0.05$). The addition of Stevia at 1%, 3%, and 5% resulted in pH, total acidity, and viscosity values that were still within the quality standards for yogurt. Therefore, the use of Stevia at certain levels has the potential to enhance the functional quality of cow's milk yogurt.

Keywords: pH, Stevia, Cow milk, Total acid, Viscosity.