RINGKASAN

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan buah gowok (*Syzygium polycephalum*) terhadap karakteristik organoleptik yoghurt sinbiotik berbasis susu sapi yang meliputi warna, cita rasa, tekstur, aroma, dan kesukaan keseluruhan. Penelitian dilakukan menggunakan metode eksperimen dengan Rancangan Acak Lengkap (RAL) yang terdiri atas empat perlakuan, yaitu P0 (yoghurt tanpa gowok), P1 (yoghurt dengan penambahan kulit gowok 0,5%), P2 (yoghurt dengan penambahan daging gowok 0,5%), dan P3 (yoghurt dengan penambahan buah gowok utuh tanpa biji 0,5%). Pengujian organoleptik dilakukan oleh 25 panelis semi terlatih menggunakan metode skoring. Data dianalisis menggunakan uji Friedman dan dilanjutkan dengan uji Wilcoxon apabila terdapat perbedaan nyata.

Hasil penelitian menunjukkan bahwa penambahan gowok memberikan pengaruh sangat nyata ($P<0,01$) terhadap warna dan cita rasa, serta berpengaruh nyata ($P<0,05$) terhadap tekstur yoghurt sinbiotik. Namun, penambahan gowok tidak memberikan pengaruh nyata ($P>0,05$) terhadap aroma dan tingkat kesukaan keseluruhan. Nilai warna tertinggi diperoleh pada perlakuan P0 (4,08±1,29), sedangkan terendah pada P2 (2,60±0,87). Nilai cita rasa tertinggi diperoleh pada P0 (4,28±0,74) dan terendah pada P3 (2,92±1,04). Pada parameter tekstur, nilai tertinggi terdapat pada P0 dan P1 (3,36), sedangkan terendah pada P3 (2,76±1,01). Aroma dan kesukaan keseluruhan menunjukkan hasil yang relatif sama pada seluruh perlakuan.

Berdasarkan hasil penelitian dapat disimpulkan bahwa penambahan gowok mempengaruhi karakteristik warna, cita rasa, dan tekstur yoghurt sinbiotik, tetapi tidak memengaruhi aroma dan kesukaan keseluruhan. Perlakuan terbaik berdasarkan parameter organoleptik adalah penambahan kulit gowok sebesar 0,5%, karena mampu mempertahankan penerimaan panelis terhadap warna, cita rasa, dan tekstur yoghurt sinbiotik.

Kata kunci: Yoghurt Sinbiotik, Gowok (*Syzygium polycephalum*), Organoleptik, Warna, Cita rasa, Tekstur.

SUMMARY

This study aimed to evaluate the effect of the addition of gowok fruit (*Syzygium polycephalum*) on the organoleptic characteristics of synbiotic yogurt made from cow's milk, including color, taste, texture, aroma, and overall acceptability. The research was conducted using a Completely Randomized Design (CRD) consisting of four treatments: P0 (control yogurt without gowok), P1 (yogurt with 0.5% gowok peel powder), P2 (yogurt with 0.5% gowok flesh powder), and P3 (yogurt with 0.5% whole gowok fruit powder without seeds). Organoleptic evaluation was carried out by 25 semi-trained panelists using a scoring method. Data were analyzed using the Friedman test followed by the Wilcoxon test when significant differences were observed.

The results showed that the addition of gowok significantly affected color and taste ($P<0.01$) and had a significant effect on texture ($P<0.05$). However, it did not significantly affect aroma and overall acceptability ($P>0.05$). The highest color score was observed in P0 (4.08±1.29), while the lowest was found in P2 (2.60±0.87). The highest taste score was obtained in P0 (4.28±0.74), whereas the lowest was recorded in P3 (2.92±1.04). For texture, the highest scores were obtained in P0 and P1 (3.36), while the lowest score was observed in P3 (2.76±1.01). Aroma and overall acceptability scores were relatively similar among all treatments.

In conclusion, the addition of gowok affected the color, taste, and texture of synbiotic yogurt but did not affect aroma and overall acceptability. The best treatment was the addition of 0.5% gowok peel, which provided favorable organoleptic characteristics while maintaining consumer acceptance of the synbiotic yogurt product.

Keywords: ***Synbiotic Yogurt Gowok, Syzygium polycephalum, Organoleptic Properties, Color, Taste, Texture***.