

RINGKASAN

Jamur *Lingzhi* (*Ganoderma Lucidum*) merupakan salah satu jamur obat yang banyak dimanfaatkan karena mengandung senyawa bioaktif seperti polisakarida dan triterpenoid yang bermanfaat bagi kesehatan. Namun, jamur *Lingzhi* memiliki kadar air yang tinggi sehingga rentan mengalami kerusakan akibat aktivitas mikroorganisme dan reaksi enzimatik. Oleh karena itu, diperlukan penanganan pascapanen yang tepat untuk memperpanjang umur simpan dan mempertahankan kualitas produk. Salah satu metode yang dapat diterapkan adalah pengeringan. Metode pengeringan yang umum digunakan yaitu pengeringan menggunakan oven dan pengeringan menggunakan sinar matahari, yang masing-masing memiliki karakteristik berbeda dalam proses pengurangan kadar air dan mempertahankan mutu bahan. Penelitian ini bertujuan untuk mengetahui pengaruh metode pengeringan matahari dan oven terhadap karakteristik jamur *Lingzhi* (*Ganoderma Lucidum*), meliputi susut bobot, kadar air, warna, serta tekstur. Pengamatan dilakukan pada beberapa waktu pengeringan untuk melihat perubahan mutu produk selama proses berlangsung.

Hasil penelitian menunjukkan bahwa metode oven memiliki laju pengeringan yang lebih cepat dibandingkan metode matahari karena suhu pengeringan yang lebih stabil dan konstan. Pada parameter kadar air, kedua metode mampu menurunkan kadar air jamur *lingzhi* dengan hasil yang relatif hampir sama. Pada parameter warna, metode oven cenderung lebih mampu mempertahankan warna dibandingkan metode matahari yang dipengaruhi oleh paparan sinar UV, fluktuasi suhu, dan reaksi pencokelatan selama proses pengeringan.

Hasil analisis ANOVA menunjukkan bahwa beberapa parameter memiliki nilai $P\text{-value} > 0,05$ sehingga tidak terdapat perbedaan nyata antar perlakuan. Secara keseluruhan, metode oven memberikan hasil pengeringan yang lebih efektif dan stabil dalam mempertahankan mutu jamur *Lingzhi* dibandingkan metode pengeringan matahari.

Kata Kunci: Kadar Air, *Lingzhi*, Matahari, Oven, Pengeringan.

SUMMARY

Lingzhi mushroom (Ganoderma Lucidum) is a medicinal mushroom widely utilized due to its bioactive compounds, such as polysaccharides and triterpenoids, which provide various health benefits. However, Lingzhi mushrooms have a high moisture content, making them susceptible to deterioration caused by microbial activity and enzymatic reactions. Therefore, appropriate postharvest handling is required to extend shelf life and maintain product quality. One method that can be applied is drying. Common drying methods include oven drying and sun drying, each of which has different characteristics in reducing moisture content and preserving material quality. This study aimed to determine the effect of sun drying and oven drying methods on the characteristics of Lingzhi mushrooms (Ganoderma Lucidum), including weight loss, moisture content, color, and texture. Observations were conducted at several drying times to evaluate changes in product quality throughout the drying process.

The results showed that the oven drying method had a faster drying rate than the sun drying method due to its more stable and constant drying temperature. Regarding moisture content, both methods were able to reduce the moisture content of Lingzhi mushrooms, yielding relatively similar results. In terms of color, the oven drying method tended to preserve color better than the sun drying method, which was affected by UV radiation exposure, temperature fluctuations, and browning reactions during the drying process.

The results of the ANOVA analysis indicated that several parameters had P -values > 0.05 , suggesting that there were no significant differences among the treatments. Overall, the oven drying method provided a more effective and stable drying process in maintaining the quality of Lingzhi mushrooms compared with the sun drying method.

Keywords: Drying , Lingzhi, Moisture Content, Oven, Sun Drying.