

ABSTRAK

Eka Ananta Br Tarigan: Pengaruh Pemberian Yoghurt Susu Kambing Dengan Sari Kacang Hijau (*Vigna Radiata L.*) Terhadap Kadar Trombosit Pada Tikus Putih (*Rattus Norvegicus*) Jantan. Skripsi Fakultas Teknik Universitas Negeri Medan. 2026.

Dalam mempertahankan trombosit agar tetap normal dapat memanfaatkan makanan pangan fungsional seperti fermentasi susu menjadi yoghurt menggunakan susu kambing. Susu kambing memiliki manfaat bagi kesehatan, namun susu kambing memiliki bau yang khas (prengus), maka susu kambing diolah menjadi produk yoghurt dengan tambahan sari kacang hijau, dimana kedua bahan ini memiliki kandungan gizi yang lebih baik. Penelitian ini bertujuan mengetahui : (1) Kandungan gizi pada yoghurt susu kambing dengan sari kacang hijau; (2) Perubahan karakteristik (berat badan, bulu dan feses) pada tikus putih jantan pada kelompok kontrol yang tidak diberikan yoghurt susu kambing dengan sari kacang hijau dengan kelompok perlakuan yang diberikan yoghurt susu kambing dengan sari kacang hijau; (3) Pengaruh pemberian yoghurt susu kambing dengan sari kacang hijau terhadap kadar trombosit pada tikus putih jantan.

Tempat penelitian dilaksanakan di Laboratorium Kuliner Universitas Negeri Medan, Laboratorium *Animal House* Universitas Sumatera Utara, dan Laboratorium Kesehatan Daerah Sumatera Utara. Waktu penelitian dilaksanakan pada Juli – Agustus 2024. Desain penelitian ekperimental dengan metode Rancangan Acak Lengkap (RAL) dengan sampel sebanyak 20 ekor tikus yang menggunakan 4 kelompok perlakuan yaitu Kontrol (K) yang tidak diberikan perlakuan, perlakuan 1 (P1) yaitu diberikan sebanyak 0,0036 ml/g BB, perlakuan 2 (P2) diberikan sebanyak 0,0072 ml/g BB, dan perlakuan 3 (P3) diberikan sebanyak 0,0108 ml/g BB.

Berdasarkan hasil penelitian ini, maka dapat disimpulkan bahwa pengaruh pemberian yoghurt susu kambing dengan sari kacang hijau terhadap kadar trombosit pada tikus putih jantan belum berpengaruh dengan rata - rata kadar trombosit K ($1,060,8 \cdot 10^3 \mu\text{l}$), P1 ($808 \cdot 10^3 \mu\text{l}$), P2 ($1.028 \cdot 10^3 \mu\text{l}$), dan P3 ($966,4 \cdot 10^3 \mu\text{l}$). Pengaruh pemberian yoghurt susu kambing dengan sari kacang hijau terhadap kadar trombosit pada tikus putih jantan belum berpengaruh. Data penelitian ini dianalisis secara kuantitatif menggunakan uji statistik One-Way anova. Hasil menunjukkan tidak ada perbedaan signifikan pada kadar trombosit yang dibuktikan dengan hasil yaitu $p.0.402(>0.05)$.

Kata Kunci : Kacang Hijau, Kadar Trombosit, Susu Kambing, Yoghurt.

ABSTRACT

Eka Ananta Br Tarigan: The Effect of Giving Goat Milk Yogurt with Green Bean Extract (Vigna Radiata L.) on Platelet Levels in Male White Rats (Rattus Norvegicus). Thesis, Faculty of Engineering, State University of Medan. 2026.

In maintaining normal platelets, functional foods such as fermented milk into yogurt using goat's milk can be utilized. Goat's milk has health benefits, but goat's milk has a distinctive odor (prengus), so goat's milk is processed into yogurt products with the addition of green bean extract, where these two ingredients have better nutritional content. This study aims to determine: (1) Nutritional content of goat's milk yogurt with green bean extract; (2) Changes in characteristics (body weight, fur and feces) in male white mice in the control group that was not given goat's milk yogurt with green bean extract with the treatment group that was given goat's milk yogurt with green bean extract; (3) The effect of giving goat's milk yogurt with green bean extract on platelet levels in male white mice.

The research location was carried out at the Culinary Laboratory of Medan State University, Animal House Laboratory of North Sumatra University, and North Sumatra Regional Health Laboratory. The research time was carried out in July - August 2024. The experimental research design used the Completely Randomized Design (CRD) method with a sample of 20 rats using 4 treatment groups, namely Control (K) which was not given any treatment, treatment 1 (P1) which was given as much as 0.0036 ml/g BW, treatment 2 (P2) was given as much as 0.0072 ml/g BW, and treatment 3 (P3) was given as much as 0.0108 ml/g BW.

Based on the results of this study, it can be concluded that the effect of giving goat milk yogurt with green bean extract on platelet levels in male white rats has not been affected with the average platelet levels of K (1,060.8 103 μ l), P1 (808 103 μ l), P2 (1,028 103 μ l), and P3 (966.4 103 μ l). The effect of giving goat milk yogurt with green bean extract on platelet levels in male white rats has not been affected. The data of this study were analyzed quantitatively using the One-Way ANOVA statistical test. The results showed no significant difference in platelet levels as evidenced by the results of $p.0.402 (>0.05)$.

Keywords : Green Beans, Platelet Levels, Goat Milk, Yogurt.