V. KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Penambahan *puree* pepaya memiliki pengaruh nyata terhadap pH sebelum fermentasi, setelah fermentasi, dan pH setelah penyimpanan. Semakin tinggi konsentrasi *puree* pepaya, pH sebelum fermentasi semakin menurun. pH setelah fermentasi dan setelah penyimpanan meningkat seiring dengan peningkatan *puree* pepaya.
2. Penambahan *puree* pepaya memiliki pengaruh nyata terhadap viskositas, *Water Holding Capacity* (WHC), dan sineresis hari ke-0 dan hari ke-7 yoghurt ABD. Semakin tinggi konsentrasi *puree* pepaya, viskositas dan WHC yoghurt ABD semakin menurun. Sineresis yoghurt ABD pada hari ke-0 dan ke-7 semakin meningkat seiring dengan peningkatan *puree* pepaya.
3. Penambahan *puree* pepaya memiliki pengaruh nyata terhadap *lightness*. Semakin tinggi konsentrasi *puree* pepaya, *lightness* yoghurt ABD semakin menurun. Perlakuan penambahan *puree* pepaya 9% memiliki nilai *redness, yellowness*, dan *chromacity* tertinggi namun tidak berbeda nyata dengan penambahan 0%, 3%, 6%, dan 12%. Perlakuan penambahan *puree* pepaya 9% memiliki ^{o}*hue* terendah namun tidak berbeda nyata dengan penambahan 0%, 3%, 6%, dan 12%. Yoghurt ABD dengan penambahan *puree* pepaya konsentrasi 0%, 3%, 6%, 9%, dan 12% tergolong dalam kategori warna kuning.
4. Perlakuan penambahan *puree* pepaya 3% memiliki nilai kesukaan warna tertinggi namun tidak berbeda nyata dengan penambahan 0%, 6%, 9%, dan 12%. Rata-rata nilai kesukaan warna ada pada 4,56-5,3 (netral-agak suka).
5. Penambahan *puree* pepaya memiliki pengaruh nyata terhadap kesukaan rasa yoghurt ABD. Semakin tinggi konsentrasi *puree* pepaya, nilai kesukaan rasa yoghurt ABD semakin meningkat.
6. Perlakuan terbaik adalah penambahan *puree* pepaya dengan konsentrasi 3% dengan total nilai 0,6179.

5.2. Saran

Perlu dilakukan penelitian lebih lanjut mengenai karakteristik fisik dan sensoris yoghurt angkak biji durian dengan variasi penambahan *puree* pepaya tanpa penambahan sukrosa dan menggunakan *puree* pepaya tanpa perlakuan *freezing* dan *thawing*. Kandungan gula dalam pepaya cukup tinggi sehingga tidak memerlukan penambahan sukrosa. Dengan penambahan sukrosa 10% dapat menyebabkan kandungan gula total dalam yoghurt menjadi semakin tinggi dan dapat menghambat proses fermentasi oleh BAL. Perlakuan *freezing* dan *thawing* dapat merusak struktur mikro bahan pangan sehingga dapat berdampak kepada perubahan sifat fisik dan kimia bahan pangan. Untuk meningkatkan homogenitas *puree* pepaya dalam yoghurt, pada pembuatan yoghurt dapat ditambahkan *stabilizer* yang sesuai untuk digunakan di dalam produk yoghurt (tidak menggangu proses fermentasi yoghurt).

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