

**PENGARUH LAMA PENGERINGAN TERHADAP AKTIVITAS ANTIOKSIDAN TEH DAUN  
PECUT KUDA (*Stachytarpheta jamaicensis*)**

[THE EFFECT OF DRYING TIME ON ANTIOXIDANT ACTIVITY OF *Stachytarpheta jamaicensis* LEAF TEA]

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**ABSTRACT**

This study aims to determine the drying time of the antioxidant activity of Pecut Kuda (*stachytarpheta jamaicensis*) tea. This study used a completely randomized design (CRD) with 6 treatments in the form of drying time at 60°C (P) namely P1 (120 minutes), P2 (130 minutes), P3 (140 minutes), P4 (150 minutes), P5 (160 minutes), P6 (170 minutes) which is repeated 3 times to obtain 18 experimental units. The parameters tested were antioxidant activity, moisture content, ash content, color and organoleptic. The analysis is carried out using analysis of variance at the 5% level using Co-Stat. If there is a significant difference, further tests were carried out using the Honestly Significant Difference (BNJ) test. The results showed that the drying time treatment had a significantly different effect on antioxidant activity, moisture content, ash content, color (°Hue), L value and scoring test on taste, smell and color, but not significantly different on hedonic tests on taste, smell and color, Pecut Kuda (*stachytarpheta jamaicensis*) leaf tea color. The longer drying time causes a decrease in antioxidant activity, moisture content, L value, and color (°Hue), but an increase in the ash content of Pecut Kuda (*stachytarpheta jamaicensis*) leaf tea. The best treatment for Pecut Kuda (*stachytarpheta jamaicensis*) leaf tea is P1 (120 minutes) with 72.92% antioxidant activity, 7.08% moisture content, 4.93% ash content, 31.02 L value, and 77.63 yellow °Hue value. brownish, slightly bitter taste, slightly leafy, and somewhat favored by panelists.

**Keywords** : antioxidant, drying time, *stachytarpheta jamaicensis*, and tea.

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengeringan terhadap aktivitas antioksidan lama pengeringan teh daun pecut kuda. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 6 perlakuan berupa lama pengeringan dengan suhu 60°C (P) yaitu P1 (120 menit), P2 (130 menit), P3 (140 menit), P4 (150 menit), P5 (160 menit), P6 (170 menit) yang diulang sebanyak 3 kali sehingga diperoleh 18 unit percobaan. Adapun parameter yang diuji adalah aktivitas antioksidan, kadar air, kadar abu, warna dan organoleptik. Analisis yang dilakukan menggunakan analisis keragaman (Analisis of Variance) pada taraf 5% dengan menggunakan Co-Stat. Apabila terdapat beda nyata, dilakukan uji lanjut menggunakan uji Beda Nyata Jujur (BNJ). Hasil penelitian menunjukkan perlakuan lama pengeringan memberikan pengaruh yang berbeda nyata terhadap aktivitas antioksidan, kadar air, kadar abu, warna (°Hue), nilai L dan uji skoring terhadap rasa, aroma dan warna, tetapi tidak berbeda nyata terhadap uji hedonik terhadap rasa, aroma dan warna teh daun pecut kuda. Semakin lama pengeringan menyebabkan penurunan terhadap aktivitas antioksidan, kadar air, nilai L, dan warna (°Hue), namun peningkatan terhadap kadar abu teh daun pecut kuda. Perlakuan terbaik teh daun pecut kuda yaitu pada perlakuan P1 (120 menit) dengan aktivitas antioksidan 72,92%, kadar air 7,08%, kadar abu 4,93%, nilai L 31,02, dan nilai °Hue 77,63 berwarna kuning kecoklatan, berasa agak pahit, agak beraroma daun, dan agak disukai panelis.

**Kata Kunci** : antioksidan, daun pecut kuda, lama pengeringan, dan teh.