Lampiran I. Metode analisis karakteristik fisik dan kandungan gizi tepung tomat

1. Cara Analisis Kadar Air Metode Oven Biasa (Sulaeman, Anwar, Marliyati 1995)

Cawan dikeringkan dalam oven bersuatu 100-105°C selama 30 menit lalu dinginkan dalam desikator dan ditimbang. Kira-kira 2 gram sampel dimasukkan ke dalam cawan tutup dengan cepat. Cawan diletakkan dalam oven dengan tutup sedikit diangkat. Dikerkingan pada suhu 100-105°C sampai berat tercapai (3-5 jam). Setelah itu didinginkan dalam desikator lalu ditimbang.

Berat contoh g


1.2 Cara Analisis Kadar Rendemen (Haerani 2003)

Berat rendemen dihitung berdasarkan persentase berat tepung tomat yang dihasilkan (a) terhadap berat awal yang berupa campuran hancur tomat dengan berat bahan pengisi yang digunakan (b).

\[ \text{Rendemen} \% = \frac{\text{B} \times 100\%}{} \]

1.3 Analisis Kelarutan (Haerani 2003)

Berdasarkan kelarutan tepung tomat dihitung dengan cara gravimetrik berdasarkan berat residu yang tidak dapat melalui kertas saring Whitman No. 42. Tepung dalam bungalon sebanyak sekitar 0,75 gram lalu dilarutkan dalam 100 ml air destilasi, kemudian disaring dengan pompa vakum dengan menggunakan kertas saring, sebelumnya digunakan kertas saring dikeringkan dalam oven 105°C selama 30 menit lalu ditimbang. Setelah proses pengeringan, kertas saring beserta residunya dikeringkan dalam oven 105°C selama 3 jam, lalu ditimbang.
Kelarutan (%) = \( 100 - \frac{(A - B)}{100 - \frac{\% ka}{100}} \times 100\% \)

Pentingnya:
- \( A \): berat kertas saring + residu (g)
- \( B \): berat kertas saring (g)
- \( C \): berat tepung tomat (g)
- \( \% ka \): kadar air tepung tomat (%)

Kadar Vitamin C Metode Titrimetri (Sulaeman et al. 1995)

Melalui proses titrasi, larutan garam Natrium dari 2,6 di-chlorophenol indofenol (larutan "dye") akan mengoksidasi vitamin C menjadi asam dehidroaskorbat, sedangkan larutan "dye" yang semula berwarna biru akan tereduksi membentuk senyawa yang tidak berwarna. Kelebihan larutan "dye" menyebabkan larutan yang ditirasi berwarna merah. Titik akhir titrasi tercapai bila terbentuk warna merah jambu muda yang stabil selama 15 detik. Kadar vitamin C dihitung dengan membandingkan volume larutan "dye" yang diperlukan untuk titrasi contoh (bahan) terhadap volume larutan "dye" yang diperlukan untuk titrasi larutan standar.

Pembuatan larutan contoh

Sebanyak kurang lebih 0,5-1 gram contoh ditimbang lalu digerus dengan 10 gram asam oksalat kristal dalam mortar dengan alat pengeras. Setelah itu campuran dimasukkan ke dalam labu ukur 250 ml lalu diisi air sulis lalu dikocok, air sulis ditambahkan hingga tanda tera. Campuran disaring, filtratnya ditampung dalam erlenmeyer bersih dan kering. Sebanyak 10 ml filtrat dipipet dan dimasukkan dalam erlenmeyer 50 ml, kemudian dititrasi dengan larutan "dye" sampai berwarna merah jambu selama 15 detik (dilakukan triplo).

Pembuatan larutan standar vitamin C

Sebanyak 0,02 gram vitamin C murni ditimbang, ditambah 2 gram asam oksalat kristal lalu dimasukkan ke dalam labu ukur 100 ml dan diencerkan dengan air sulis sampai tanda tera. Sebanyak 10 ml dipipet kemudian dititrasi dengan larutan "dye" sampai berwarna merah jambu muda (ditunggu sampai warna tidak berubah
1. Selama 15 detik). Jumlah ml larutan "dye" ini digunakan untuk menentukan ekivalen vitamin C.

Hok-Citra 1
Ekivalen Vitamin C = \( \frac{mg \text{ vitamin C murni}}{ml \ "dye" \ standar} \)

Vitamin C per 100 gram bahan = \( \frac{100}{A \times \text{faktor pengenceran} \times ml \ larutan \ "dye" \ yang \ digunakan} \times \text{ekivalen vitamin C} \)

Larutan "dye" A adalah titran

1.5 Analisasi Serat Makanan Secara Enzimatis (Sulaeman et al. 1995)

Bahan yang digunakan pada analisis serat makanan secara enzimatis adalah 0,1 M Buffer Natrium Fosfat pH 6, 4 M HCl, 4 M NaOH, etanol teknis 95%, etanol 78% aseton puriss, petroleum eter (40 ml/g sampel), enzim termamyl 60L atau 120L (Novo), pepsin NF (Merck), pankreatin 4 x NF (SIGMA) sedangkan alat-alat yang digunakan adalah neraca analitik, erlenmeyer 250 ml, penangas air, pH meter, aluminium foil, corong Buchner dan kertas saring Whitman.

Prosedur kerja yang dilakukan adalah sebagai berikut, sampel digiling dengan gilingan laboratorium dengan saringan 0,3 mm. Sebanyak 1 gram sampel dimasukkan dalam erlenmeyer, ditambah 25 ml 0,1 M buffer natrium fosfat pH 6 dan diaduk. Sebanyak 0,1 ml enzim termamyl ditambahkan, erlenmeyer ditutup dengan aluminium foil dan diinkubasikan dalam penangas air pada suhu 100°C selama 15 menit lalu dibiarkan dingin. Setelah itu ditambah 20 ml air destilata lalu pH diatur menjadi 1,5 dengan menggunakan HCl. Sebanyak 100 mg pepsin ditambahkan, erlenmeyer ditutup dan diinkubasikan dalam penangas air berboyong pada suhu 40°C selama 60 menit. Setelah itu sebanyak 20 ml air destilata lalu atur pH menjadi 6,8 dengan menggunakan NaOH, lalu ditambah 100 mg Pankreatin lalu erlenmeyer kembali ditutup dan diinkubasikan dalam penangas air berboyong pada suhu 40°C selama 60 menit. pH diatur menjadi 4,5 menggunakan HCl, lalu sampel disaring dengan crucible (porosity 2) yang telah
1. Diketahui beratnya dan mengandung 0,5 celite kering lalu dicuci dengan 2x10 ml air destilata.

A. Residu (Serat yang tidak larut)

Filtrat dari proses sebelumnya dicuci dengan 2x10 ml etanol 95% dan 2x10 ml aseton lalu dikeringkan pada suhu 105°C sampai mencapai berat konstan (semaian) seelah itu didinginkan dan ditimbang dalam desikator (D1). Selanjutnya diabukan pada suhu 550°C selama 5 jam dan ditimbang seelah didinginkan dalam desikator (I1).

B. Filtrat (Serat yang larut)

Volume filtrat diatur menjadi 100 ml, setelah itu ditambahkan 400 ml aseton 95% hangat (60°C) dan dibiarkan mengendap selama 1 jam. Setelah itu bersaring dengan kertas saring yang telah diketahui beratnya. Filtrat lalu dicuci dengan 2x10 ml etanol 78%, 2x10 ml etanol 95% dan 2x10 ml aseton, dikeringkan pada suhu 105°C selama semalaman dan ditimbang seelah didinginkan dalam desikator (D2). Setelah itu diabukan pada suhu 550°C selama 5 jam kemudian ditimbang setelah didinginkan dalam desikator (I2).

Blanko. Blanko untuk serat yang tidak larut dan serat yang larut diperoleh dengan cara seperti prosedur untuk sampel tetapi tanpa sampel (B1 dan B2). Nilai blanko sewaktu-waktu harus dicek dan bila menggunakan enzim dari batch yang berbeda.

Perhitungan

\[
\% \text{ Serat makanan tak larut} = \frac{D1 - I1 - B1 \times 100}{W}
\]

\[
\% \text{ Serat makanan larut} = \frac{D2 - I2 - B2 \times 100}{W}
\]

C. Total serat makanan

Total serat makanan dapat diendakkan langsung dengan cara menambahkan 400 ml volume alkohol 95% ke dalam hasil digesi setelah pH diatur menjadi 4,5 dengan HCl dan saring seperti prosedur perhitungan serat larut.
3.6 Analisis warna metode Hunter (Hutching, 1999)

Pengukuran dilakukan dengan chromameter CR-300 (Minolta). Sampel diletakkan pada wadah kaca berbentuk plate. Sebelum dilakukan pengukuran 

Hach-Checa, 2007. Mengungkap zat warna, chromameter CR-300 dikalibrasi terlebih dahulu dengan menggunakan calibration plate yang berwarna putih dengan L = 47.49, a = 41.78 

b = 18.36. Setelah dikalibrasi zat warna diukur tingkat kecerahannya serta 

testan intensitas warna merah dan kuning. Pengukuran intensitas warna dilakukan untuk dua 

fungsi pengukuran menghasilkan nilai L, a, b, C, dan Hue. a dan b adalah 

koordinat kromatis. Nilai a menunjukkan warna hijau (a negatif) ke 

merah (a positif), dan b untuk warna biru (b negatif) ke kuning (b positif). Warna 

campuran merah hijau ditunjukkan oleh nilai a (a+ : 0 – 100 untuk 

warna merah, a– : 0 (–80) untuk warna hijau). Warna kromatik campuran biru 

campuran kuning ditunjukkan oleh nilai b (b+ : 0 – 70 untuk warna kuning, b– : 0 (–70) untuk warna biru).

Rajah Hue menunjukkan warna yang terlihat. Nilai hue dikelompokkan 

sebagai berikut: *Hue 18-54: Red; *Hue 54-90: Yellow red; *Hue 90-126: Yellow; 
*Hue 126-162: Yellow green; *Hue 162-198: Green; *Hue 198-234: Blue green; 
*Hue 234-270: Blue; *Hue 270-306: Blue purple; *Hue 306-342: Purple; dan *Hue 
342-378: Red purple.

1.7 Uji Aktivitas Antioksidan (Arnao, Cano, Acosta 2000)

Pada prinsipnya metode ini mengukur aktivitas antioksidan sampel 

berdasarkan penurunan absorbansi yang disebabkan pudarnya warna ABTS (2,2- 

Azino-bis-(3-ethylbenzthiazoline-6-sulfonic-acid) oleh aktivitas antioksidan 

sampel. Antioksidan dibagi menjadi dua kelompok yaitu yang larut air atau 

Hydrophilic Antioxidant Activity (HAA) dan yang larut minyak atau Lipophilic 

Antioxidant Activity (LAA).

Sampel yang 0,05-0,1 g sampel diekstraksi dengan 2 ml mM NaPO₄ (pH 7,5) 

dan 5 ml etil asetat. Sampel dan pelarut yang telah divortex selanjutnya 

disentrifugasi selama sekitar 15 menit. Fase Hydrofil berada di bagian bawah
Sedangkan fase lipofil berada di bagian atas. Ekstraksi diulangi hingga residu (padatan) tidak berwarna lagi.

Campuran pereaksi untuk HAA terdiri dari 2mM ABTS, 15μM H₂O₂ (Asam Kloroksida) dan 0,25μM HRP (Horseradish Peroxidase) dalam 50 mM buffer Citratium Fosfat pH 7,5 dengan volume total 1 ml. Sedangkan campuran pereaksi untuk LAA terdiri dari 1mM ABTS, 15μM H₂O₂ dan 6μM HRP dalam etanol dalam volume total 1 ml. Pengukuran aktivitas antioksidan larut air (HAA) dan larut lemak (LAA) dilakukan secara terpisah. Perekas dibaca pada spektrofotometer lalu kemudian sebanyak 10 μl larutan sampel ditambahkan ke dalam tabung yang berisi perekas tersebut lalu ditunggu hingga absorbansi stabil lama waktu 5 menit. Absorbsi dibaca pada panjang gelombang 730 nm. Setelah 5 menit, absorbansi dibaca, pencatatan absorbansi dilakukan selama 350 detik hingga penurunannya tidak terlihat lagi. Untuk standar digunakan Asam Askorbat, sehingga satuannya dinyatakan dalam AEAC (Ascorbic Acid Equivalent Antioxidant Capacity). Total aktivitas antioksidan sampel diperoleh dari penjumlahan HAA dan LAA. Aktivitas antioksidan sampel diperoleh dari perhitungan:

\[ \text{AEAC} = \frac{\Delta A}{\Delta A_{\text{standar}}} \times C_{\text{standar}} \times V \times \frac{100}{W} \]

Keterangan:

- AEAC = aktivitas antioksidan mg vitamin C ekivalen/100g sampel
- \( \Delta A \) = penurunan absorbansi setelah penambahan ekstrak sampel
- \( \Delta A_{\text{standar}} \) = penurunan absorbansi setelah penambahan standar (vitamin C)
- \( C_{\text{standar}} \) = koncentrasi standar vitamin C (mg/ml)
- \( V \) = volume filtrat
- \( W \) = berat sampel
Lampiran 2: Formulir uji deskriptif dan hedonik tablet isap tomat

Daftar Penguji:

Laboratorium Organoleptik Dep. Gizi Masyarakat

1. Peluang mengumumkan dan mempersiapkan suplemen Anda dengan lengkap dan jelas
2. Identifikasi dan kebiasaan konsumsi suplemen Anda dengan lengkap dan jelas
3. Peluang mengumumkan dan mempersiapkan suplemen Anda dengan lengkap dan jelas

Sekilas kode sample tablet isap tomat, tuliskan kode pada sudut atas halaman, lalu berikan kolom yang sesuai

Pada garis sesuai penilaian Anda (tanda x dapat dibubuhkan tepat atau di luar garis)

Tidak enak enak

Amat sangat enak

Amat sangat enak

Amat sangat enak

Minumlah minuman setelah Anda selesai menilai satu sampel dan akan menilai

Berikan penilaian secara spontan / Dilarang membandingkan sampel satu dan sampel lainnya.

Telpon/HP informasi tgl. Tidak atau produk olahannya:


Pria / Wanita


Konsumsi Suplemen

Frekuensi Konsumsi:

- a. Tidak pernah
- b. <=1 kali/minggu
- c. 2-4 kali/minggu
- d. Setiap hari
- e. Lainnya (sebutkan)

Waktu dan Penilaian Anda sangat berarti bagi penelitian dan pengembangan produk ini. Terima kasih Anda bersedia menjadi panelis dan memberikan penilaian yang objektif/jujur.

Salam Menilai

1. Tablet (ex. Afton-Ce, Vitacomin, Ester C dll.)

Sebutkan

2. Jenis Suplemen yang biasa Anda konsumsi:

Keterangan:

- : Tidak enak
- : Tidak enak
- : Tidak enak
- : Tidak enak

Apa masa

Apa masa

Apa masa

Apa masa
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<td>merah</td>
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<td>2. Aroma</td>
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<td>Amat sangat</td>
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<tr>
<td>Pas/Cukup</td>
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<td>3. Tekstur/Mouthfeel</td>
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<td>5. Rasa kesihruhan</td>
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<td>seka</td>
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</table>
1. Dikarenakan tomat adalah suplemen yang baik untuk kesehatan, pasti Anda akan membeli tomat ini?
   a. Pasti ya
   b. Mungkin
   c. Mungkin tidak
   d. Pasti tidak

2. Dengan adanya tomat sebagai suplemen, pasti Anda akan menyukai satu atau lebih suplemen di atas, yang membuat Anda menyukai suplemen tersebut adalah:

   a. Pasti
   b. Mungkin
   c. Mungkin tidak
   d. Pasti tidak

   Jika selama ini Anda mengkonsumsi suplemen, yang menjadi alasan/pertimbangan Anda adalah:

   a.
   b.
   c.
   d.

Terima kasih atas kesediaan Anda menjadi panelis dan memberikan penilaian dan keterangan yang jujur dalam penelitian ini.

[Assessment Scale]

Bogor Agricultural University
Lampiran 3. Hasil analisis karakteristik fisik dan kandungan gizi tepung tomat

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<th>Metode</th>
<th>Kadar air (%)</th>
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<tr>
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*Duncan's Multiple Range Test for variable: Kelarutan*

Alpha= 0,05  df= 3  MSE= 4,143333

*Means with the same letter are not significantly different.*

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*Duncan's Multiple Range Test for variable: Rendemen*

Alpha= 0,05  df= 3  MSE= 0,836667

*Means with the same letter are not significantly different.*

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### Tabel 4. Lampiran 4. Sidik Ragam Vitamin C Tepung Tomat

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### Tabel 5. Lampiran 4. Sidik Ragam Serat Makanan Tepung Tomat

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*Duncan's Multiple Range Test for variable: Antioksidan*

Alpha= 0.05  df= 3  MSE= 1126690

*Means with the same letter are not significantly different.*

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<tr>
<td>B 7456 2</td>
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<tr>
<td>B 6620 2</td>
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Tabel 1 Lampiran 5. Karakteristik panelis uji organoleptik tablet isap tomat

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<th>Kesukaan terhadap tomat*</th>
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Keterangan: * 1-5-9= amat sangat tidak suka-tidak suka tidak, suka tidak-amat sangat suka

Tabel 2 Lampiran 5. Hasil uji deskriptif warna tablet isap tomat

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Keterangan: nilai 1-5-9= amat sangat pucat-pas-amat sangat merah
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Keterangan: nilai 1-5= amat sangat lemah, 6-9= amat sangat kuat.

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Keterangan: nilai 1-5= amat sangat lemah, 6-9= amat sangat kuat.
Tabel 5. Hasil uji deskriptif aroma keseluruhan tablet isap tomat

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Keterangan: nilai 1-5-9= amat sangat lemah-pas-amat sangat kuat

Tabel 6. Hasil uji deskriptif tekstur isap tablet isap tomat

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Keterangan: nilai 1-5-9= amat sangat kasar-kasar tidak, bahan tidak-amat sangat halus
Tabel 7 Lampiran 5. Hasil uji deskriptif mouthfeel tablet isap tomat

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Catatan: nilai 1-5-9= amat sangat tidak terasa-tidak terasa tidak, terasa tidak-amat sangat terasa

Tabel 8 Lampiran 5. Hasil uji deskriptif rasa asam tablet isap tomat

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Catatan: nilai 1-5-9= amat sangat lemah-pas-amat sangat kuat
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### Tabel 11. Lampiran 5. Hasil uji deskriptif rasa manis tablet isap tomat

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**Catatan:** nilai 1-5-9= amat sangat lemah-pas-amat sangat kuat

### Tabel 12. Lampiran 5. Hasil uji deskriptif rasa keseluruhan tablet isap tomat

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**Catatan:** nilai 1-5-9= amat sangat lemah-pas-amat sangat kuat
Tabel 13 Lampiran 5. Hasil uji hedonik warna tablet isap tomat

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Keterangan: 1-5-9= amat sangat tidak suka-tidak suka tidak, suka tidak-amat sangat suka

Tabel 14 Lampiran 5. Hasil uji hedonik aroma tablet isap tomat

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Keterangan: 1-5-9= amat sangat tidak suka-tidak suka tidak, suka tidak-amat sangat suka
### Tabel 15: Hasil uji hedonik tekstur/mouthfeel tablet isap tomat

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Keterangan: Nilai 1-5= amat sangat tidak suka, 6-9= suka, 10= amat sangat suka.

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### Tabel 16: Hasil uji hedonik rasa tablet isap tomat

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Keterangan: Nilai 1-5= amat sangat tidak suka, 6-9= suka, 10= amat sangat suka.
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Keterangan: 1-5-9= amat sangat tidak suka-tidak suka tidak, suka tidak-amat sangat suka
Lampiran 6. Hasil uji statistik uji hedonik tablet isap tomat

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*Duncan's Multiple Range Test for variable: Warna*

Alpha = 0,05 df = 76 MSE = 3,284954

*Means with the same letter are not significantly different,*

*Duncan Grouping*  
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- B: 6,0250  20  Formula 1
- C: 5,1850  20  Formula 4
- C: 4,4600  20  Formula 3

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<tbody>
<tr>
<td>Hol Carya</td>
<td>3</td>
<td>22,5090</td>
<td>7,5030</td>
<td>2,98</td>
<td>0,0368</td>
</tr>
<tr>
<td>Galat Umum</td>
<td>76</td>
<td>191,6730</td>
<td>2,5220</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>79</td>
<td>214,1820</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Duncan's Multiple Range Test for variable: Tekstur*

Alpha = 0,05 df = 76 MSE = 2,522013

*Means with the same letter are not significantly different,*

*Duncan Grouping*  
- A: 5,5900  20  Formula 2
- A: 5,5150  20  Formula 1
- A: 5,4550  20  Formula 4
- B: 4,3000  20  Formula 3

Tabel 6. Sidik Ragam Tingkat Kesukaan Rasa Tablet Isap Tomat
Duncan's Multiple Range Test for variable: Rasa

\[ \text{Alpha} = 0.05 \quad \text{df} = 76 \quad \text{MSE} = 2.522013 \]

Means with the same letter are not significantly different,

<table>
<thead>
<tr>
<th>Duncan Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Jenis Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6,0750</td>
<td>20</td>
<td>Formula 1</td>
</tr>
<tr>
<td>B</td>
<td>4,7900</td>
<td>20</td>
<td>Formula 2</td>
</tr>
<tr>
<td>B</td>
<td>4,6750</td>
<td>20</td>
<td>Formula 3</td>
</tr>
<tr>
<td>B</td>
<td>4,6600</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>Sumber</th>
<th>DB</th>
<th>JK</th>
<th>KT</th>
<th>Pr&gt;F</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Formula</td>
<td>3</td>
<td>29,1610</td>
<td>9,7203</td>
<td>4,60</td>
<td>0,0052</td>
</tr>
<tr>
<td>Galat</td>
<td>76</td>
<td>160,4310</td>
<td>2,1109</td>
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<td></td>
</tr>
<tr>
<td>Umum</td>
<td>79</td>
<td>189,5920</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Duncan's Multiple Range Test for variable: Kesukaan Keseluruhan

\[ \text{Alpha} = 0.05 \quad \text{df} = 76 \quad \text{MSE} = 2.522013 \]

Means with the same letter are not significantly different,

<table>
<thead>
<tr>
<th>Duncan Grouping</th>
<th>Mean</th>
<th>N</th>
<th>Jenis Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6,3050</td>
<td>20</td>
<td>Formula 1</td>
</tr>
<tr>
<td>B</td>
<td>5,1300</td>
<td>20</td>
<td>Formula 2</td>
</tr>
<tr>
<td>B</td>
<td>5,1300</td>
<td>20</td>
<td>Formula 3</td>
</tr>
<tr>
<td>B</td>
<td>4,6750</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>