

CHAPTER I

INTRODUCTION

1.1 Background of the Study

In recent years, public awareness of the importance of a healthy lifestyle has increased. However, consuming candy that contains high sugar remains a habit and self-indulgence, especially among young children to adolescents. Most candies often contain refined sugar, artificial colors, and preservatives that can contribute to health problems, including obesity, tooth decay, and increased risk of diabetes (Prasetya, 2019).

Therefore, innovation is needed in making candy that is not only delicious but also healthy. One alternative that can be developed is Honey Lollipop Candy, which is a hard lollipop that uses natural spices with various health benefits. The use of natural ingredients such as honey, lemon, ginger, galangal, mint leaves, pineapple, cinnamon, turmeric and himalayan salt not only provides a unique taste like herbal medicine but also offers additional benefits in the form of increased endurance. By replacing high-calorie sugar with low-calorie sugar such as isomalt (Kusumo et al.2020).

The selection of ingredients in making Immunity Boosting Honey Lollipop is based on the proven health benefits of various natural ingredients. Honey, as the main ingredient, is chosen because of its antibacterial, anti-inflammatory, and antioxidant properties that can increase the body's immune system (Rahmawati, 2018). In addition, cinnamon, ginger and turmeric are spices that have long been known in traditional Indonesian medicine to strengthen the body's immune system. Cinnamon and ginger contain gingerol which has anti-inflammatory and antioxidant effects, while turmeric contains curcumin which can increase the production of white blood cells that play a role in fighting infections (Sari, 2017).

Mint leaves are chosen for their ability to relieve inflammation and support digestion, while pineapple and lemon are rich in vitamin C which functions as a strong antioxidant and plays a role in supporting the immune system (Rudianto & Hidayat, 2020). Galangal is also chosen because of its antimicrobial and anti-inflammatory properties that can help fight infections (Sari, 2017). Isomalt sugar, a sweetener that replaces regular sugar, is chosen to reduce the negative impacts of excessive sugar consumption, because isomalt has lower calories and does not cause significant spikes in blood sugar. The use of isomalt makes this candy more friendly for diabetics and those who want to control their sugar consumption (Widyastuti & Utami, 2020). Himalaya salt is used to enhance and balance the sweetness by adding a subtle salty contrast and depth of flavor and is often considered healthier than regular table salt because it contains trace minerals, like magnesium, potassium, calcium and iron. Himalayan salt also contains 96% - 99% sodium chloride and has varying amounts of minerals that have a content of less than 1%. (Indonesia.com, 2020).

Immunity Boosting Honey Lollipop focuses on processing various natural ingredients to maintain their quality and efficacy. The manufacturing process begins with preparing the main ingredients such as honey, ginger, cinnamon, turmeric, galangal, lemon, pineapple which are then blended to obtain optimal active substances Isomalt Sugar. After the ingredients are blended and mixed, they are then filtered and heated at a temperature of 160°-170° to form candy in a mold. This candy still has nutritional value and mild therapeutic properties, especially from heat-resistant spices.

However, the benefits are certainly not as strong as if consumed fresh without being heated. Even so, this can still be a healthy alternative to regular commercial candy, especially if consumed to refresh the throat or increase mild immunity. This study also considers consumer acceptance of the taste and texture of the product, so trials are conducted to ensure that

this lollipop not only provides health benefits, but can also be enjoyed by consumers, especially children who tend to like sweet snacks.

In this way, it is expected that this product can be accepted by the market and help improve public health. With the increasing awareness of the importance of a healthy lifestyle, Immunity Boosting Honey Lollipop aims to meet the need for snacks that are not only delicious, but also healthy. This product is expected to be an alternative to candy that generally contains additives that are harmful to health. By combining various natural ingredients that have proven health benefits, this product offers a solution to increase body immunity without sacrificing the taste that many people like. The boosting means more about the effect of helping to maintain comfort and supporting a sense of freshness, which psychologically and physiologically can help us feel better, especially when we are not feeling well or want to maintain our immune system lightly. This is not a substitute for supplements or drugs, but it can be a delicious and practical natural complement.

1.2 Objectives of the Study

1. Develop an innovative functional candy product in the form of a honey-based lollipop enriched with natural ingredients known to support immune health, including ginger, galangal, turmeric, cinnamon, lemon, pineapple, himalaya salt and mint leaves.
2. To offer a healthier alternative to conventional candies by utilizing isomalt sugar, a low-glycemic sweetener, which reduces the negative impact of sugar while maintaining a pleasant taste and texture.
3. Contribute to food innovation research by providing a reference for the development of functional confectionery products that align with current health-conscious consumer trends.