

**ANALYSIS OF ANTIOXIDANT IN AQUEOUS EXTRACTED OF
SELECTED *ULAM* USING FERRIC REDUCING ANTIOXIDANT
POWER (FRAP) ASSAY**

MOHAMAD AZMAN BIN JANAL ABIDIN

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ABSTRACT

Ulam refer as a fresh green salad by Malaysians and usually eaten with a bowl of rice as a side dishes. The salads are very good against some diseases and had positive effects that lies in some chemical substances inside the plants such as flavonoids and phenolic compounds that contributes to its antioxidants properties. The present study was to analyse the concentration of antioxidant in different types of selected *ulam* that was available at the Malaysia market using Ferric Reducing Antioxidant Power (FRAP) assay. The *ulam* samples were analysed by using Uv-Vis spectrophotometer at wavelength 593 nm. A sample of *ulam* known as *Anarcadium occidentade* (Jambu Gajus) showed the highest antioxidant activity and the lowest was *Morinda citrifolia* (Mengkudu Besar). The study also was conducted to compare the amount of antioxidant content between the shoots and the leaves of the selected *ulam*. Based on the five samples studied, it founds that three of the samples have higher antioxidant activity at their shoots compared to the leaves. Another two have higher antioxidant activity at their leaves compared tom the shoots.

TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENTS	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	vi
LIST OF FIGURES	vii
LIST OF ABBREVIATIONS	viii
LIST OF SYMBOLS	x
ABSTRACT	xi
ABSTARK	xii
CHAPTER 1 INTRODUCTION	
1.1 Background of the Study	1
1.2 Problem Statement	4
1.3 Significant of Study	5
1.4 Objective of study	5
CHAPTER 2 LITERATURE REVIEW	
2.1 Antioxidants	6
2.1.1 Natural and Synthetic Antioxidants	6
2.1.2 Disadvantages of Antioxidants	7
2.1.3 Benefits of Antioxidants	7
2.2 Antioxidants Activity in Plant	8
2.2.1 Antioxidants in Other Types of <i>Ulam</i> in Malaysia	8
2.2.2 Antioxidants Concentration in Parts of Plant	10
2.3 Ferric Reducing Antioxidant Power (FRAP) Assay	12
2.3.1 FRAP Assay on Plant	12
2.4 Degradation of Antioxidants Activity	14
CHAPTER 3 METHODOLOGY	
3.1 Samples	15
3.2 Chemicals	15
3.3 Instrumentation	16
3.4 Sample Preparation	16
3.5 Sample Extraction	16
3.5.1 Effect of Different Parts of <i>Ulam</i>	17

3.6	Ferric Reducing Antioxidant Power (FRAP) assay Method	17
3.6.1	Principle of Ferric Reducing Antioxidant Power (FRAP) Assay	17
3.6.2	Ferric Reducing Antioxidant Power (FRAP) Reagent Preparation	19
3.6.3	UV-Vis spectroscopy Analysis	19
CHAPTER 4 RESULTS AND DISCUSSION		
4.1	Determination of Antioxidant Concentration in Selected <i>Ulam</i>	20
4.2	Comparison of Antioxidant Content between Shoots and Leaves of Selected <i>Ulam</i>	24
CHAPTER 5 CONCLUSION AND RECOMMENDATIONS		28
CITED REFERENCES		29
APPENDICES		34
<i>CURRICULUM VITAE</i>		43

LIST OF TABLES

Table	Caption	Page
2.1	Common Natural and Synthetic Antioxidants	6
2.2	Samples and Their Antioxidants Content	13
4.1	Antioxidant Activity by FRAP Assay in Five Types of <i>Ulam</i>	21