

SUMMARY

FAKTOR DETERMINAN YANG MEMPENGARUHI STATUS GIZI PADA LANSIA DI PANTI WERDHA WISMA MULIA KOWANI, JAKARTA BARAT

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Keyword : lansia;status gizi;faktor determinan

Description :

Latar belakang : Secara biologis, proses penuaan dapat mengalami beberapa masalah kesehatan khususnya pada sistem pencernaan. Masalah pencernaan dapat terlihat pada status gizi lansia. Faktor-faktor yang mempengaruhi status gizi lansia adalah asupan zat gizi, penyakit infeksi, aktivitas fisik.

Tujuan: Mengetahui faktor determinan yang mempengaruhi status gizi pada lansia di Panti Werdha Wisma Mulia Kowani, Jakarta Barat.

Metode : Penelitian ini menggunakan desain penelitian deskriptif kuantitatif dengan desain cross sectional dengan total 33 sampel lansia. Teknik pengambilan data dilakukan dengan wawancara langsung dengan menggunakan kuesioner, food weighing serta pengukuran antropometri. Analisis data menggunakan uji korelasi Rank Spearman dan Analisis Regresi Logistik. Hasil : Hasil penelitian diperoleh bahwa ada hubungan asupan karbohidrat ($p=0.015$) dan protein ($p=0.002$), penyakit infeksi ($p=0.045$), kondisi gigi lengkap ($p=0.018$) dan pengetahuan gizi ($p=0.000$) dengan status gizi dengan nilai $p < 0,05$. Tidak ada hubungan asupan lemak ($p=0.598$) dan aktivitas fisik ($p=0.130$) dengan status gizi yaitu dengan nilai $p > 0,05$. Kesimpulan : Faktor yang paling mempengaruhi status gizi lansia adalah pengetahuan gizi dengan nilai $p = 0.033$ ($p < 0.05$).

Description Alt:

Background : Biologically, the aging process may experience some health problems, especially in the digestive system. Digestive problems can be seen in the nutritional status of the elderly. Factors that affect the nutritional status of the elderly is the nutrient intake, infectious diseases, physical activity. Purpose: Knowing the determinant factors which affect the nutritional status of the elderly in Panti Werdha Wisma Kowani Mulia, Jakarta Barat. Method : This research uses descriptive quantitative research design with cross sectional design with a total of 33 samples of the elderly. Techniques of data retrieval is done by direct interview using a questionnaire, food weighing and anthropometric measures. Data analysis using Spearman rank correlation test and Logistic Regression Analysis. Result : The result showed that there was a relationship carbohydrate intake ($p = 0.015$) and protein ($p = 0.002$), infectious diseases ($p = 0.045$), the condition of complete gear ($p = 0.018$) and nutrition knowledge ($p = 0.000$) with the nutritional status and the value $p < 0.05$. There was no association of fat intake ($p = 0.598$) and physical activity ($p = 0.130$) and nutritional status that is the value of $p > 0.05$. Conclusion : After examined the determinants factor together, the most influence factor of the nutritional status of the elderly is the science of nutrition.

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