

Lampiran 1

**HUBUNGAN ANTARA AKTIFITAS FISIK, TINGKAT DEPRESI, DAN
TINGKAT KONSUMSI MAKRO DENGAN STATUS GIZI PADA LANSIA
DI PANTI SOSIAL TRESNA WERDHA BUDI MULYA 02
CENGKARENG**

**Program Studi S1 Ilmu Gizi Reguler
Fakultas Ilmu-Ilmu Kesehatan Universitas Esa Unggul (UEU)
Jl. Arjuna Utara No.9 Kebon Jeruk, Jakarta Barat 11510**

LEMBAR PERSETUJUAN SEBAGAI RESPONDEN

Saya adalah mahasiswa Reguler Jurusan Ilmu Gizi Universitas Esa Unggul yang saat ini sedang melakukan penelitian skripsi tentang Hubungan Antara Aktivitas Fisik, Tingkat Depresi, dan Tingkat Konsumsi Makro dengan Status Gizi pada Lansia di Panti Sosial Tresna Werdha Budi Mulya 02 Cengkareng. Oleh karena itu, saya memohon kesediaan waktu Saudara untuk mengisi kuesioner mengenai data diri. Saya akan merahasiakan seluruh informasi yang Saudara berikan. Perlu saya informasikan bahwa keikutsertaan saudara dalam pengisian kuesioner ini bersifat sukarela.

Informed consent :

Setelah saya mendapat penjelasan mengenai tujuan dan manfaat studi dalam “Hubungan antara aktivitas fisik, tingkat depresi, dan tingkat konsumsi makro dengan status gizi pada lansia di Panti Sosial Tresna Werdha Budi Mulya 02 Cengkareng”, maka saya:

Nama :

Usia :

Secara sukarela dan tanpa ada paksaan setuju untuk menjadi responden dan diwawancarai dalam studi ini.

Jakarta,.....2018

Tanda tangan Responden

Tanda tangan Pewawancara

(.....)

(.....)

| | | |
|-------------------------------|-------------------------------|--|
| Tanggal Pengambilan Data | | |
| Waktu Pengambilan Data | | WIB |
| Kode Kuesioner | | |
| A. IDENTITAS RESPONDEN | | |
| 1. | Nama Responden | |
| 2. | Jenis Kelamin Responden | 1. Laki-laki 2. Perempuan |
| 3. | Tanggal Lahir Responden | / / |
| 4. | Umur Responden | Tahun |
| 5. | Pendidikan Terakhir Responden | 1. Tidak sekolah 4. SMA/Sederajat 2. SD/Sederajat 5. Perguruan Tinggi 3. SMP/Sederajat |
| 6. | Agama Responden | |
| 7. | Kebiasaan Olahraga | 1. Ya 2. Tidak |
| 8. | Jenis Kegiatan Olahraga | 1. Jalan Kaki 2. Senam 3. Lainnya |
| B. DATA ANTROPOMETRI | | |
| 1. | Tinggi Badan | |
| 2. | Berat Badan | |
| 3. | Tinggi Lutut | |
| 4. | Panjang Depan | |
| 5. | Indeks Masa Tubuh | |

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Kuesioner Tingkat Depresi

| No. | Pertanyaan | Jawaban | |
|-----|---|---------|-------|
| 1. | Apakah anda merasa puas dengan kehidupan anda? | Ya | Tidak |
| 2. | Apakah anda mengurangi kegemaran atau aktivitas biasanya? | Ya | Tidak |
| 3. | Apakah anda merasa hidup ini hampa? | Ya | Tidak |
| 4. | Apakah anda sering merasa bosan? | Ya | Tidak |
| 5. | Apakah anda memiliki semangat yang baik pada sebagian besar waktu ? | Ya | Tidak |
| 6. | Apakah anda takut sesuatu hal buruk akan terjadi? | Ya | Tidak |
| 7. | Apakah anda merasa bahagia pada sebagian besar waktu? | Ya | Tidak |
| 8. | Apakah anda merasa tidak berdaya? | Ya | Tidak |
| 9. | Apakah anda memilih tinggal dirumah, dibanding pergi keluar dan melakukan sesuatu? | Ya | Tidak |
| 10. | Apakah anda memiliki masalah dengan ingatan dari biasanya? | Ya | Tidak |
| 11. | Apakah anda berpikir bahwa bisa hidup sampai saat ini adalah sesuatu yang menyenangkan? | Ya | Tidak |
| 12. | Apakah anda merasa tidak berharga dengan diri anda sendiri? | Ya | Tidak |
| 13. | Apakah anda merasa penuh dengan energi? | Ya | Tidak |
| 14. | Apakah anda merasa keadaan saat ini tidak ada harapan? | Ya | Tidak |
| 15. | Apakah anda merasa sebagian besar orang, lebih baik dari pada anda? | Ya | Tidak |

Formulir Food Weighing**Hari/Tanggal :****Jenis Pemberian Makanan :**

| Waktu | Menu | Bahan Makanan | Berat (gr) |
|-----------------|-------------|----------------------|-------------------|
| Pagi | | | |
| Selingan | | | |
| Siang | | | |
| Selingan | | | |

| | | | |
|--------------|--|--|--|
| | | | |
| Malam | | | |

Formulir Food Weighing

Hari/Tanggal :

Jenis Pemberian Makanan :

| Waktu | Menu | Bahan Makanan | Berat (gr) |
|-----------------|-------------|----------------------|-------------------|
| Pagi | | | |
| Selingan | | | |

| | | | |
|-----------------|--|--|--|
| | | | |
| Siang | | | |
| Selingan | | | |
| Malam | | | |

Formulir Food Weighing**Hari/Tanggal** :

Jenis Pemberian Makanan :

| Waktu | Menu | Bahan Makanan | Berat (gr) |
|-----------------|-------------|----------------------|-------------------|
| Pagi | | | |
| Selingan | | | |
| Siang | | | |
| Selingan | | | |

| | | | |
|--------------|--|--|--|
| | | | |
| Malam | | | |

Lampiran 2

1. Umur

Statistics

Umur

| | | |
|----------------|---------|-------|
| N | Valid | 58 |
| | Missing | 0 |
| Mean | | 67,43 |
| Median | | 67,50 |
| Mode | | 74 |
| Std. Deviation | | 5,423 |
| Minimum | | 60 |
| Maximum | | 74 |
| Sum | | 3911 |
| Percentiles | 25 | 61,75 |
| | 50 | 67,50 |
| | 75 | 73,25 |

2. Jenis Kelamin

Statistics

JK

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

JK

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------|-----------|---------|---------------|--------------------|
| Laki-Laki | 30 | 51,7 | 51,7 | 51,7 |
| Valid Perempuan | 28 | 48,3 | 48,3 | 100,0 |
| Total | 58 | 100,0 | 100,0 | |

3. Status Gizi

Statistics

SG_KET

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

SG_KET

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--|-----------|---------|---------------|--------------------|
|--|-----------|---------|---------------|--------------------|

| | | | | | |
|-------|--------|----|-------|-------|-------|
| | Kurang | 9 | 15,5 | 15,5 | 15,5 |
| Valid | Normal | 35 | 60,3 | 60,3 | 75,9 |
| | Lebih | 14 | 24,1 | 24,1 | 100,0 |
| | Total | 58 | 100,0 | 100,0 | |

4. Aktivitas Fisik

Statistics

AF_New

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

AF_New

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|---------|---------------|--------------------|
| Valid | Ringan | 34 | 58,6 | 58,6 |
| | Sedang | 16 | 27,6 | 86,2 |
| | Berat | 8 | 13,8 | 100,0 |
| | Total | 58 | 100,0 | 100,0 |

5. Tingkat Depresi

Statistics

TD_New

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

TD_New

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------------------|-----------|---------|---------------|--------------------|
| Valid Depresi Ringan | 28 | 48,3 | 48,3 | 48,3 |
| Valid Normal | 4 | 6,9 | 6,9 | 55,2 |
| Valid Depresi Sedang | 26 | 44,8 | 44,8 | 100,0 |
| Total | 58 | 100,0 | 100,0 | |

6. Tingkat Konsumsi Energi**Statistics**

E_New

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

E_New

| | Frekuensi | Percent | Valid Percent | Cumulative Percent |
|--------------------|-----------|---------|---------------|--------------------|
| Valid Kurang | 23 | 39,7 | 39,7 | 39,7 |
| Normal | 22 | 37,9 | 37,9 | 77,6 |
| Melebihi Kebutuhan | 13 | 22,4 | 22,4 | 100,0 |
| Total | 58 | 100,0 | 100,0 | |

7. Tingkat Konsumsi Protein

Statistics

P_New

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

P_New

| | Frekuensi | Percent | Valid Percent | Cumulative Percent |
|--------------------|-----------|---------|---------------|--------------------|
| Valid Kurang | 20 | 34,5 | 34,5 | 34,5 |
| Normal | 25 | 43,1 | 43,1 | 77,6 |
| Melebihi Kebutuhan | 13 | 22,4 | 22,4 | 100,0 |
| Total | 58 | 100,0 | 100,0 | |

8. Tingkat Konsumsi Lemak

Statistics

L_New

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

L_New

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------------------|---------|---------------|--------------------|
| Valid | Kurang | 18 | 31,0 | 31,0 |
| | Normal | 27 | 46,6 | 77,6 |
| | Melebihi Kebutuhan | 13 | 22,4 | 100,0 |
| | Total | 58 | 100,0 | 100,0 |

9. Tingkat Konsumsi Karbohidrat

Statistics

KH_New

| | | |
|---|---------|----|
| N | Valid | 58 |
| | Missing | 0 |

KH_New

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------------------|-----------|---------|---------------|--------------------|
| Kurang | 21 | 36,2 | 36,2 | 36,2 |
| Normal | 25 | 43,1 | 43,1 | 79,3 |
| Valid Melebihi Kebutuhan | 12 | 20,7 | 20,7 | 100,0 |
| Total | 58 | 100,0 | 100,0 | |

10. Hubungan Antara Aktivitas Fisik dengan Status Gizi**Case Processing Summary**

| | Cases | | | | | |
|-----------------|-------|---------|---------|---------|-------|---------|
| | Valid | | Missing | | Total | |
| | N | Percent | N | Percent | N | Percent |
| AF_New * SG_KET | 58 | 100,0% | 0 | 0,0% | 58 | 100,0% |

AF_New * SG_KET Crosstabulation

| | | SG_KET | | | Total | |
|--------|--------|-----------------|--------|-------|-------|--------|
| | | Kurang | Normal | Lebih | | |
| AF_New | Ringan | Count | 1 | 19 | 14 | 34 |
| | | Expected Count | 5,3 | 20,5 | 8,2 | 34,0 |
| | | % within AF_New | 2,9% | 55,9% | 41,2% | 100,0% |
| AF_New | Sedang | Count | 1 | 15 | 0 | 16 |
| | | Expected Count | 2,5 | 9,7 | 3,9 | 16,0 |

| | | | | | |
|-------|-----------------|-------|-------|-------|--------|
| | % within AF_New | 6,3% | 93,8% | 0,0% | 100,0% |
| | Count | 7 | 1 | 0 | 8 |
| Berat | Expected Count | 1,2 | 4,8 | 1,9 | 8,0 |
| | % within AF_New | 87,5% | 12,5% | 0,0% | 100,0% |
| | Count | 9 | 35 | 14 | 58 |
| Total | Expected Count | 9,0 | 35,0 | 14,0 | 58,0 |
| | % within AF_New | 15,5% | 60,3% | 24,1% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|------------------------------|---------------------|----|-----------------------|
| Pearson Chi-Square | 47,053 ^a | 4 | ,000 |
| Likelihood Ratio | 41,173 | 4 | ,000 |
| Linear-by-Linear Association | 26,248 | 1 | ,000 |
| N of Valid Cases | 58 | | |

a. 5 cells (55,6%) have expected count less than 5. The minimum expected count is 1,24.

11. Hubungan Antara Tingkat Depresi dengan Status Gizi

Case Processing Summary

| | Cases | | |
|--|-------|---------|-------|
| | Valid | Missing | Total |
| | | | |

| | N | Percent | N | Percent | N | Percent |
|--------------------|----|---------|---|---------|----|---------|
| TD_New * SG_KET | 58 | 100,0% | 0 | 0,0% | 58 | 100,0% |

TD_New * SG_KET Crosstabulation

| | | SG_KET | | | Total | | |
|--------|----------------|-----------------|-----------------|-------|-------|--------|--------|
| | | Kurang | Normal | Lebih | | | |
| TD_New | Depresi Ringan | Count | 6 | 17 | 5 | 28 | |
| | | Expected Count | 4,3 | 16,9 | 6,8 | 28,0 | |
| | | % within TD_New | 21,4% | 60,7% | 17,9% | 100,0% | |
| | Normal | | Count | 1 | 1 | 2 | 4 |
| | | | Expected Count | ,6 | 2,4 | 1,0 | 4,0 |
| | | | % within TD_New | 25,0% | 25,0% | 50,0% | 100,0% |
| | Depresi Sedang | | Count | 2 | 17 | 7 | 26 |
| | | | Expected Count | 4,0 | 15,7 | 6,3 | 26,0 |
| | | | % within TD_New | 7,7% | 65,4% | 26,9% | 100,0% |
| Total | | Count | 9 | 35 | 14 | 58 | |
| | | Expected Count | 9,0 | 35,0 | 14,0 | 58,0 | |

| | | | | |
|-----------------|-------|-------|-------|--------|
| % within TD_New | 15,5% | 60,3% | 24,1% | 100,0% |
|-----------------|-------|-------|-------|--------|

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|------------------------------|--------------------|----|-----------------------|
| Pearson Chi-Square | 4,476 ^a | 4 | ,345 |
| Likelihood Ratio | 4,620 | 4 | ,329 |
| Linear-by-Linear Association | 1,784 | 1 | ,182 |
| N of Valid Cases | 58 | | |

a. 5 cells (55,6%) have expected count less than 5. The minimum expected count is ,62.

12. Hubungan antara Tingkat Konsumsi Energi dengan Status Gizi

Case Processing Summary

| | |
|--|-------|
| | Cases |
|--|-------|

| | Valid | | Missing | | Total | |
|-------------------|-------|---------|---------|---------|-------|---------|
| | N | Percent | N | Percent | N | Percent |
| E_New * SG_KET | 58 | 100,0% | 0 | 0,0% | 58 | 100,0% |

E_New * SG_KET Crosstabulation

| | | SG_KET | | | Total | |
|-------|-----------------------|-------------------|--------|-------|-------|--------|
| | | Kurang | Normal | Lebih | | |
| E_New | Kurang | Count | 9 | 14 | 0 | 23 |
| | | Expected Count | 3,6 | 13,9 | 5,6 | 23,0 |
| | | % within E_New | 39,1% | 60,9% | 0,0% | 100,0% |
| | Normal | Count | 0 | 21 | 1 | 22 |
| | | Expected Count | 3,4 | 13,3 | 5,3 | 22,0 |
| | | % within E_New | 0,0% | 95,5% | 4,5% | 100,0% |
| | Melebihi Kebutuhan | Count | 0 | 0 | 13 | 13 |
| | | Expected Count | 2,0 | 7,8 | 3,1 | 13,0 |

| | | | | | |
|-------|----------------|-------|-------|--------|--------|
| Total | % within E_New | 0,0% | 0,0% | 100,0% | 100,0% |
| | Count | 9 | 35 | 14 | 58 |
| | Expected Count | 9,0 | 35,0 | 14,0 | 58,0 |
| | % within E_New | 15,5% | 60,3% | 24,1% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|------------------------------|---------------------|----|-----------------------|
| Pearson Chi-Square | 66,081 ^a | 4 | ,000 |
| Likelihood Ratio | 69,768 | 4 | ,000 |
| Linear-by-Linear Association | 38,513 | 1 | ,000 |
| N of Valid Cases | 58 | | |

a. 4 cells (44,4%) have expected count less than 5. The minimum expected count is 2,02.

13. Hubungan antara Tingkat Konsumsi Protein dengan Status Gizi

Case Processing Summary

| | Cases | | | | | |
|-------------------|-------|---------|---------|---------|-------|---------|
| | Valid | | Missing | | Total | |
| | N | Percent | N | Percent | N | Percent |
| P_New * SG_KET | 58 | 100,0% | 0 | 0,0% | 58 | 100,0% |

P_New * SG_KET Crosstabulation

| | | SG_KET | | | Total | |
|-------|-----------------------|----------------|--------|-------|-------|--------|
| | | Kurang | Normal | Lebih | | |
| P_New | Kurang | Count | 9 | 11 | 0 | 20 |
| | | Expected Count | 3,1 | 12,1 | 4,8 | 20,0 |
| | | % within P_New | 45,0% | 55,0% | 0,0% | 100,0% |
| | Normal | Count | 0 | 24 | 1 | 25 |
| | | Expected Count | 3,9 | 15,1 | 6,0 | 25,0 |
| | | % within P_New | 0,0% | 96,0% | 4,0% | 100,0% |
| | Melebihi Kebutuhan | Count | 0 | 0 | 13 | 13 |
| | | Expected Count | 2,0 | 7,8 | 3,1 | 13,0 |

| | | | | | |
|-------|----------------|-------|-------|--------|--------|
| Total | % within P_New | 0,0% | 0,0% | 100,0% | 100,0% |
| | Count | 9 | 35 | 14 | 58 |
| | Expected Count | 9,0 | 35,0 | 14,0 | 58,0 |
| | % within P_New | 15,5% | 60,3% | 24,1% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|------------------------------|---------------------|----|-----------------------|
| Pearson Chi-Square | 70,329 ^a | 4 | ,000 |
| Likelihood Ratio | 72,771 | 4 | ,000 |
| Linear-by-Linear Association | 40,129 | 1 | ,000 |
| N of Valid Cases | 58 | | |

a. 5 cells (55,6%) have expected count less than 5. The minimum expected count is 2,02.

14. Hubungan antara Tingkat Konsumsi Lemak dengan Status Gizi

Case Processing Summary

| | Cases | | | | | |
|-------------------|-------|---------|---------|---------|-------|---------|
| | Valid | | Missing | | Total | |
| | N | Percent | N | Percent | N | Percent |
| L_New * SG_KET | 58 | 100,0% | 0 | 0,0% | 58 | 100,0% |

L_New * SG_KET Crosstabulation

| | | SG_KET | | | Total | |
|-------|-----------------------|-------------------|--------|-------|-------|--------|
| | | Kurang | Normal | Lebih | | |
| L_New | Kurang | Count | 9 | 9 | 0 | 18 |
| | | Expected Count | 2,8 | 10,9 | 4,3 | 18,0 |
| | | % within L_New | 50,0% | 50,0% | 0,0% | 100,0% |
| | Normal | Count | 0 | 26 | 1 | 27 |
| | | Expected Count | 4,2 | 16,3 | 6,5 | 27,0 |
| | | % within L_New | 0,0% | 96,3% | 3,7% | 100,0% |
| | Melebihi Kebutuhan | Count | 0 | 0 | 13 | 13 |
| | | Expected Count | 2,0 | 7,8 | 3,1 | 13,0 |

| | | | | | |
|-------|----------------|-------|-------|--------|--------|
| Total | % within L_New | 0,0% | 0,0% | 100,0% | 100,0% |
| | Count | 9 | 35 | 14 | 58 |
| | Expected Count | 9,0 | 35,0 | 14,0 | 58,0 |
| | % within L_New | 15,5% | 60,3% | 24,1% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|------------------------------|---------------------|----|-----------------------|
| Pearson Chi-Square | 73,958 ^a | 4 | ,000 |
| Likelihood Ratio | 75,186 | 4 | ,000 |
| Linear-by-Linear Association | 41,570 | 1 | ,000 |
| N of Valid Cases | 58 | | |

a. 5 cells (55,6%) have expected count less than 5. The minimum expected count is 2,02.

15. Hubungan antara Tingkat Konsumsi Karbohidrat dengan Status Gizi

Case Processing Summary

| | Cases | | | | | |
|--------------------|-------|---------|---------|---------|-------|---------|
| | Valid | | Missing | | Total | |
| | N | Percent | N | Percent | N | Percent |
| KH_New * SG_KET | 58 | 100,0% | 0 | 0,0% | 58 | 100,0% |

KH_New * SG_KET Crosstabulation

| | | | SG_KET | | | Total |
|------------|-----------------------|--------------------|--------|--------|--------|--------|
| | | | Kurang | Normal | Lebih | |
| KH_Ne w | Kurang | Count | 9 | 12 | 0 | 21 |
| | | Expected Count | 3,3 | 12,7 | 5,1 | 21,0 |
| | | % within KH_New | 42,9% | 57,1% | 0,0% | 100,0% |
| | Normal | Count | 0 | 23 | 2 | 25 |
| | | Expected Count | 3,9 | 15,1 | 6,0 | 25,0 |
| | | % within KH_New | 0,0% | 92,0% | 8,0% | 100,0% |
| | Melebihi Kebutuhan | Count | 0 | 0 | 12 | 12 |
| | | Expected Count | 1,9 | 7,2 | 2,9 | 12,0 |
| | | % within KH_New | 0,0% | 0,0% | 100,0% | 100,0% |

| | | | | | |
|-------|--------------------|-------|-------|-------|--------|
| | Count | 9 | 35 | 14 | 58 |
| Total | Expected Count | 9,0 | 35,0 | 14,0 | 58,0 |
| | % within KH_New | 15,5% | 60,3% | 24,1% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) |
|---------------------------------|---------------------|----|--------------------------|
| Pearson Chi-Square | 63,663 ^a | 4 | ,000 |
| Likelihood Ratio | 66,073 | 4 | ,000 |
| Linear-by-Linear Association | 37,895 | 1 | ,000 |
| N of Valid Cases | 58 | | |

a. 4 cells (44,4%) have expected count less than 5. The minimum expected count is 1,86.

Lampiran 3



Gambar 1.1 Responden sedang di wawancara



Gambar 1.2 Responden sedang di wawancara



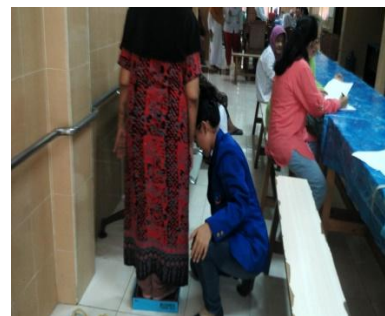
Gambar 1.3 Tempat Makan di Wisma Mangga



Gambar 1.4 Tempat Makan di Wisma Pisang



Gambar 1.5 Salah satu kegiatan lansia



Gambar 1.6 Mengukur Berat Badan responden



Gambar 1.7 Salah satu Menu makan di panti



Gambar 1.8 Sisa makanan responden