ABSTRAK

UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI
SKRIPSI, SEPTEMBER 2019
R.GINA MARLINA GIVTIANI
KUALITAS MENU MAKANAN, TINGKAT KECUKUPAN GIZI DAN STATUS GIZI PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 4 CENGKARENG

VI Bab, 101 Halaman, 15 Tabel, 4 Bagan, 6 Lampiran

Latar Belakang: Secara alamiah lansia mengalami kemunduran fisik, biologis, mental maupun sosial, tetapi bila asupan gizi terpenuhi sesuai dengan kebutuhannya maka akan tercapai suatu tingkat kesehatan yang optimal. Penyelenggaraan makanan dilaksanakan dengan tujuan untuk menyediakan makanan yang kualitasnya baik, jumlah sesuai kebutuhan serta pelayanan yang layak dan memadai. **Metode:** Penelitian ini menggunakan design *cross-sectional* dan metode kuantitatif dengan jumlah sampel 65 responden dengan menggunakan uji *Chi-Square*. Instrumen penelitian yang digunakan pada penelitian ini berupa kuesioner yang meliputi kualitas menu makanan, tingkat kecukupan gizi dan alat ukur antropometri untuk mengukur hasil status gizi. **Hasil:** Kualitas menu makanan termasuk kategori tidak bervariasi (64,6%), tekstur makanan termasuk kategori sesuai (95,4%), rasa makanan termasuk kategori sesuai (92,3%), tingkat kecukupan energi termasuk kategori lebih (38,5%), tingkat kecukupan protein termasuk kategori lebih (46,2%), tingkat kecukupan lemak termasuk kategori lebih (90,8%), dan tingkat kecukupan karbohidrat termasuk kategori kurang (67,7%). Tidak adanya hubungan tingkat kecukupan energi dan status gizi LILA (p=0,533) IMT (p=0,312), Tidak adanya hubungan tingkat kecukupan protein dan status gizi LILA (p=0,634) IMT (p=0,194), Tidak adanya hubungan tingkat kecukupan lemak dan status gizi LILA (p=0,501) dan ada hubungan IMT (p=0,000), Tidak adanya hubungan tingkat kecukupan karbohidrat dan status gizi LILA (p=0,459) IMT (p=0,253). **Kesimpulan:** Ditemukan tidak adanya hubungan antara tingkat kecukupan gizi dan status gizi dan ada hubungan pada status gizi IMT pada tingkat kecukupan lemak pada lansia di Panti Sosial Tresna Werdha Budi Mulia 4 Cengkareng. **Saran:** Pihak panti agar bisa bekerja sama dengan Dinas Kesehatan atau Puskesmas setempat untuk rutin mengecek status gizi lansia.

Kata Kunci: Lansia, Kualitas Menu, Tingkat Kecukupan Gizi, Status Gizi.

ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
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QUALITY OF FOOD MENU, NUTRITIONAL ADEQUACY LEVEL AND NUTRITIONAL STATUS IN ELDERLY IN THE SOCIAL ORPHANAGE OF TRESNA WERDHA BUDI MULIA 4 CENGKARENG

VI Chapter, 79 Pages, 15 Tables, 4 Charts, 6 Appendices

Background: The elderly naturally experience physical, biological, mental and social setbacks, but if nutritional intake is met according to their needs, an optimal level of health will be achieved. The operation of the food is carried out with the aim of providing good quality food, the amount according to the needs as well as adequate and adequate services. **Methods:** This study used a cross-sectional design and quantitative methods with a sample of 65 respondents using the Chi-Square test. The research instrument used in this study was in the form of a questionnaire covering the quality of the diet, the level of nutritional adequacy and anthropometric measuring instruments to measure the results of nutritional status. **Results:** Food menu quality was not varied (64.6%), food texture was in the appropriate category (95.4%), food taste was in the appropriate category (92.3%), the level of energy sufficiency was in the over category (38.5%) %), the level of protein sufficiency included in the over category (46.2%), the level of fat sufficiency included in the over category (90.8%), and the level of carbohydrate sufficiency included in the less category (67.7%). There was no correlation between energy adequacy level and nutritional status of LILA (p = 0.533) BMI (p = 0.312), there was no relationship between protein adequacy level and nutritional status of LILA (p = 0.634) BMI (p = 0.194), there was no correlation between the level of fat adequacy and nutritional status of MUAC (p = 0.501) and there was a relationship between BMI (p = 0,000), there was no relationship between the level of carbohydrate adequacy and nutritional status of MUAC (p = 0.459) BMI (p = 0.253). **Conclusion:** There was no relationship between the level of nutritional adequacy and nutritional status and there was a relationship with the nutritional status of BMI on the level of fat adequacy in the elderly at Tresna Werdha Budi Mulia Social Institution 4 Cengkareng. **Suggestion:** The institution can work together with the local Health Office or Puskesmas to regularly check the nutritional status of the elderly.
Keywords: Elderly, Menu Quality, Nutrition Adequacy Level, Nutritional Status.