

ABSTRAK

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Title : Factors Related with Plate Waste of Patients
Hospitalized at X Hospital in 2019

Food service in hospital aims to provide quality food to support nutritional need in patient. Nutritional needs of patients will not fulfilled if there are many food waste. Food waste that occurs within a period of time will affect the cure of disease and the length of stay in hospital. The purpose of this research was to study the factors that related to food waste on inpatients of X Hospital in 2019. This research using cross-sectional design. The samples were 64 inpatients taken by simple random sampling. The result of study show that the average of food waste is 2,86%. Percentage of patient who didn't spend their food more than 20% is 54,7%. Analysis using the chi square test showed that the independent variables associated with food residue were variations in food menu ($p = 0.001$, PR = 2,250), food appearance ($p = 0,000$, PR = 2,833) and food taste ($p = 0,004$, PR = 2,056), while age, gender and eating habits are not related to leftovers from inpatients at X Hospital.

Based on the results of the study, it is recommended that the hospital make changes to the menu cycle, pay more attention to the provision of herbs and proper cooking methods so as to produce a pleasant aroma. It is recommended that nutritionists should educate patients to be obedient and always spend the food served as well as supporting health..

Key Words: Plate waste, menu variations, appearance of food, taste of food