

ABSTRACT

Title : Factors Affecting Home Food Remnants Pain in Diabetes Mellitus Patients in General Hospitals Koja area of North Jakarta

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Background : The remaining food is the amount of food that is not consumed by patients. The rest of the patient's food more than 20% showed a lack of success in food administration. If the patient does not consume the food served by the Hospital for a long period of time, it will affect the nutritional status of the patient and the occurrence of malnutrition. Based on the results of a study conducted by Salman (2014) stated that patients suffering from diabetes mellitus for the average remaining food leftovers of patients ($> 25\%$) in the type of vegetable side dishes were equal to (55.6%), animal side dishes and fruit amounting to (51.1%). There is no relationship between food variation and food appearance with food scraps (p value > 0.05). There is a significant relationship between food taste and leftovers (p value < 0.05). The remaining food is influenced by internal factors and the patient's external factors. The patient's internal factors include the patient's clinical and pathological conditions as well as changes in appetite, changes in sensory taste, swallowing disorders (dysphagia), stress and duration of treatment. The patient's external factors include food quality such as taste, aroma, portion size and menu variation, texture, staff attitudes, feeding errors, inaccurate meals or meal schedules, atmosphere of care (Peter, 2011).

Objective : Knowing the factors that influence hospital residual food in patients with Diabetes Mellitus at the Koja Regional General Hospital in North Jakarta.

Methods : *Cross-sectional observational* with the number of respondents consisting of 60 respondents who are willing to take part in the study, aged 30-64 years, can communicate well and at least have been treated for 2 days. External factors and internal factors were measured using a questionnaire. The test used is Chi-Square for bivariate analysis.

Result : Based on statistical tests, there is a relationship between medical conditions and the remainder of staple food in the afternoon, the value of $p = 0,000$, $p < 0,05$ and the remainder of staple food in the afternoon p value = $0,000$, $p < 0,05$. The medical condition with the remaining leftover side dishes of the afternoon animal obtained $p = 0.003$, $p < 0.05$. The medical condition with the remaining food from evening vegetable dishes was obtained by $n = p = 0.001$, $p < 0.05$. The relationship between the effect of treatment with the remainder of the morning staple food

obtained $p = 0.013$, $p < 0.05$. The effect of the treatment with the remaining animal side dishes in the morning was $p = 0,000$, $p < 0,05$ and the rest of the daytime animal meal value was $p = 0,001$, $p < 0,05$. The effect of treatment with the rest of the food in the morning vegetable plant was nilap $p = 0,000$, $p < 0,05$ and the remainder of the afternoon vegetable meal was $p = 0,023$, $p < 0,05$. The effect of treatment with morning vegetable leftovers was $p = 0,000$, $p < 0,05$ and afternoon vegetable food residual values $p = 0,005$, $p < 0,05$. The relationship between gender and evening vegetable leftovers obtained $p = 0.033$, $p < 0.05$. The relationship of food quality (consistency) to the rest of the breakfast obtained $p = 0,000$, $p < 0,05$ and with the remainder of the lunch value $p = 0,000$, $p < 0,05$.

Conclusions : From the results of research conducted at the Koja Hospital in North Jakarta, it turns out that influencing food waste is gender, medical conditions, treatment effects and food quality (consistency).

Suggestion: Improve food quality both from appearance and taste through training and comparative studies, so that food processing workers can produce foods that have high taste, so that leftovers can be avoided to a minimum.

Keywords : Leftovers, Diabetes Melitus, internal factors, external factors.