

INTISARI

Latar Belakang : Konsumsi makanan merupakan bagian penting dalam perawatan pasien di rumah sakit. Makanan bergizi membantu mempercepat proses penyembuhan penyakit, tidak meninggalkan sisa dan meningkatkan status gizi. Konseling gizi dengan motivasi secara rutin akan membantu pasien dalam menghabiskan makanan yang disajikan.

Tujuan Penelitian : Mengetahui pengaruh konseling gizi terhadap sisa makanan dan status gizi pasien dengan makanan khusus di ruang penyakit dalam.

Metode penelitian : Penelitian *quasi ekperiment* dengan rancangan pre dan post test control group. Subjek penelitian sebanyak 80 orang yang terbagi dalam 2 kelompok. Pengumpulan data dilakukan dengan cara pengukuran dan penilaian dengan menggunakan kuesioner. Penilaian dilakukan terhadap tinggi badan, berat badan, dan sisa makanan. Analisis data dilakukan dengan uji Chi Square untuk melihat perbedaan sisa makanan antar kelompok dan regresi linier untuk melihat pengaruh konseling gizi terhadap sisa makanan dan status gizi dengan program SPSS for windows 98.

Hasil Penelitian : Pada tahap pre secara statistik tidak ada perbedaan sisa makanan antar kedua kelompok ($p > 0,05$), sedangkan pada tahap post ada perbedaan sisa makanan yang bermakna antar kedua kelompok. Berdasarkan uji regresi linier ada pengaruh konseling gizi terhadap sisa makanan. Status gizi antar kedua kelompok diperoleh $p > 0,05$ dan tidak ada pengaruh konseling gizi terhadap status gizi

Kesimpulan : Ada perbedaan sisa makanan antara pre dan post serta ada pengaruh konseling gizi terhadap sisa makanan. Tidak ada perbedaan antara status gizi masuk dan keluar serta tidak ada pengaruh konseling gizi terhadap status gizi ($p > 0,05$).

ABSTRACT

Background: Food consumption constitutes an important part of patient hospitalized. Nutritious food not only helps accelerate disease healing process but also leave plate waste and elevate nutrition status. Routinely motivated nutrition counseling will mediate patient to eat up food served.

Objective: To identify the effect of nutrition counseling to plate waste and nutrition status on patient with a special food in Internal disease room.

Method: Quasi experiment research which was employed pre-post test of control group. The number of research subject was 80, divided into two group. Data collection was done through the usage of questionnaire measurement and evaluation. Variables like height, weight, and plate waste was assessed. Data analysis was actualized by Chi Square Test. It was by intention to know plate waste difference across group and furthermore, linear regression was to identify the effect of nutrition counseling to plate waste and nutrition status. All of these statistical method can be accessed on SPSS Program For Windows 98.

Result: In the pre-test phase, there was no statistically different plate waste between the two group ($p > 0,05$). It was not the case in the post test phase on which a significant difference of plate waste the two group could be found. The proportion of nutrition status between the two group was $p > 0,05$ and there was no significant effect of nutrition counseling to nutrition status.

Conclusion: There was a significant difference of plate waste between the pre and post test phase. On the contrary, the significant difference between the nutrition status entering and discharge and the significant effect of nutrition counseling to nutrition status could not be found ($p > 0,05$).