

ABSTRACT

RELATIONSHIP BETWEEN ENERGY AND PROTEIN INTAKE AND THE LEVEL OF INDEPENDENCE IN THE ELDERLY IN THE SPECIAL REGION OF YOGYAKARTA

Kartika Arivia Khairunisa¹, Tony Arjuna¹, Retno Pangastuti¹

Background: *The elderly population in Special Region of Yogyakarta is increasing, and many are experiencing a decline in independence. In the context of increasing life expectancy, it is important to consider nutritional intake that can improve health outcomes and quality of life, particularly concerning physical independence among the elderly.*

Objective: *To determine the relationship between energy and protein intake and the level of independence among the elderly in the Special Region of Yogyakarta.*

Methods: *A secondary data analysis study involving 105 elderly subjects with diverse socio-demographic characteristics, including gender, age, place of residence, and history of chronic diseases. Energy and protein intake data were measured using the 24h Food Recall and SQ-FFQ methods. The level of independence was assessed using ADL and IADL tools. Data analysis was conducted using Spearman Correlation and Mann Whitney-U Test*

Results: *There was a significant relationship between energy intake and basic level of independence ($p < 0.05$), but there was no significant relationship between energy intake and complex level of independence ($p > 0.05$). Meanwhile, there was no significant relationship between protein intake and both basic and complex levels of independence ($p > 0.05$).*

Conclusion: *The findings indicate a significant relationship between energy intake and the independence of the elderly, with differences observed in the tools used to measure independence. Elderly women, aged 65-80 years, and individuals living in urban areas without a history of chronic diseases tend to have better energy and protein intake.*

Key Word: *energy intake, protein intake, elderly, and independence*

¹ Department of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

INTISARI

HUBUNGAN ANTARA ASUPAN ENERGI DAN PROTEIN DENGAN TINGKAT KEMANDIRIAN PADA LANSIA DI DAERAH ISTIMEWA YOGYAKARTA

Kartika Arivia Khairunisa¹, Tony Arjuna¹, Retno Pangastuti¹

Latar Belakang: Jumlah penduduk lansia di Daerah Istimewa Yogyakarta semakin meningkat dan banyak pula yang mengalami penurunan kemandirian. Dalam konteks peningkatan angka harapan hidup, penting untuk mempertimbangkan asupan gizi yang dapat meningkatkan hasil kesehatan dan kualitas hidup, khususnya terkait kemandirian fisik di kalangan lansia.

Tujuan Penelitian: Mengetahui hubungan antara asupan energi dan protein dengan tingkat kemandirian pada lansia di Daerah Istimewa Yogyakarta.

Metode: Sebuah studi analisis data sekunder yang melibatkan 105 subjek lansia dengan karakteristik sosio-demografi yang beragam, antara lain jenis kelamin, usia, tempat tinggal, dan riwayat penyakit kronis. Data asupan energi dan protein diukur menggunakan metode *24h Food Recall* dan SQ-FFQ. Sementara data tingkat kemandirian diukur menggunakan *Activity of Daily Living* (ADL) dan *Instrumental Activities of Daily Living* (IADL). Data dianalisis menggunakan uji *Spearman Correlation* dan *Mann Whitney U Test*.

Hasil: Terdapat hubungan yang signifikan antara asupan energi dengan tingkat kemandirian dasar ($p < 0.05$), namun tidak terdapat hubungan yang signifikan antara asupan energi dengan tingkat kemandirian kompleks ($p > 0.05$). Sementara itu, tidak terdapat hubungan yang signifikan antara asupan protein dengan tingkat kemandirian dasar maupun kompleks ($p > 0.05$).

Kesimpulan: Temuan ini menunjukkan adanya hubungan yang signifikan antara asupan energi dan kemandirian lansia, dengan perbedaan yang diamati pada alat yang digunakan untuk mengukur tingkat kemandirian. Lansia wanita, yaitu usia 65-80 tahun, dan individu yang bertempat tinggal di kota, tidak memiliki riwayat penyakit kronis cenderung memiliki asupan energi dan protein yang lebih baik.

Kata Kunci: asupan energi, asupan protein, lansia, dan tingkat kemandirian

¹ Department of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia