

HUBUNGAN ANTARA POLA MAKAN DENGAN KEJADIAN DISLIPIDEMIA PADA LANSIA DI PANTI WREDA BUDI DHARMA, PONDOK LANSIA MADANIA DAN PANTI WREDA HANNA

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ABSTRAK

Latar Belakang: Dislipidemia ialah keadaan gangguan metabolik dengan tanda utama yaitu meningkatnya tingkat kolesterol LDL dan menurunnya tingkat HDL pada darah. Masalah ini cukup umum terjadi di masyarakat dan sering kali berkaitan dengan pola hidup yang tidak sehat. Adapun faktor yang memengaruhi munculnya dislipidemia adalah pola konsumsi makanan. Nutrisi makro seperti total energi, protein, lemak, serta karbohidrat memainkan peranan penting dalam upaya pengendalian kondisi ini. Selain itu, konsumsi serat juga diketahui berkontribusi dalam menurunkan kadar kolesterol darah. Kelompok usia lanjut, terutama yang tinggal di panti jompo, cenderung memiliki kerentanan lebih tinggi terhadap dislipidemia, terutama karena prevalensi malnutrisi yang relatif tinggi di kalangan tersebut.

Tujuan: Mengidentifikasi hubungan pola makan dengan kejadian dislipidemia pada lansia

Metode: Jenis penelitian ini adalah kuantitatif dengan pendekatan studi *cross-sectional*. Sampel terdiri dari 76 orang lansia yang dipilih berdasarkan kriteria inklusi tertentu. Data dikumpulkan melalui wawancara yang dilakukan oleh enumerator dan peneliti. Teknik analisis data meliputi analisis univariat, bivariat menggunakan uji korelasi Spearman, serta analisis multivariat dengan metode regresi logistik.

Hasil Penelitian: Prevalensi dislipidemia pada subjek penelitian adalah 34%. Analisis rank Spearman menunjukkan bahwa variabel frekuensi makan ($p = 0,000$, $r = 0,542$) dan asupan lemak ($p = 0,011$, $r = 0,209$) yang berhubungan dengan kejadian dislipidemia, dengan kekuatan hubungan yang tergolong sangat lemah. Sedangkan asupan energi total ($p = 0,069$, $r = 0,144$), protein ($p = 0,215$, $r = 0,289$), karbohidrat ($p = 0,872$, $r = 0,019$) dan serat ($p = 0,098$, $r = 0,191$) tidak berhubungan dengan kejadian dislipidemia, dengan kekuatan hubungan yang tergolong sangat lemah. Asupan karbohidrat tidak disertakan dalam analisis multivariat karena nilai signifikansinya $>0,25$. Pada analisis regresi logistik hanya variabel frekuensi makan ($p = 0,000$) yang memiliki pengaruh bermakna terhadap kejadian dislipidemia. Frekuensi makan memberikan kontribusi 35,6% terhadap munculnya dislipidemia.

Kesimpulan: Frekuensi makan berhubungan dengan kejadian dislipidemia pada lansia. Sedangkan asupan makanan yang terdiri dari energi total, protein, lemak, karbohidrat dan serat tidak berhubungan dengan kejadian dislipidemia pada lansia di Panti Wreda Budi Dharma, Pondok Lansia Madania dan Panti Wreda Hanna.

Kata kunci: dislipidemia; frekuensi makan; asupan makan

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**THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND THE INCIDENCE
OF DYSLIPIDEMIA AMONG THE ELDERLY IN BUDI DHARMA NURSING
HOME, MADANIA ELDERLY SHELTER, AND HANNA NURSING HOME**

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ABSTRACT

Background: Dyslipidemia is a metabolic disorder characterized by elevated levels of low-density lipoprotein (LDL) cholesterol and decreased levels of high-density lipoprotein (HDL) cholesterol in the blood. This condition is commonly found in the general population and is often associated with unhealthy lifestyle habits. One of the contributing factors to dyslipidemia is dietary patterns. Macronutrient intake, including total energy, protein, fat, and carbohydrates, plays a significant role in the management of this condition. Additionally, dietary fiber intake has been shown to help reduce blood cholesterol levels. Older adults, particularly those living in nursing homes, are at a higher risk of dyslipidemia, largely due to the high prevalence of malnutrition in this population group.

Objective: To identify the relationship between dietary patterns and the incidence of dyslipidemia in the elderly.

Methods: This study used a quantitative approach with a cross-sectional design. A total of 76 elderly individuals who met the inclusion criteria participated in the study. Data were collected through interviews conducted by enumerators and researchers. Data analysis included univariate analysis, bivariate analysis using Spearman's rank correlation test, and multivariate analysis using logistic regression.

Results: The prevalence of dyslipidemia among the study subjects was 34%. Spearman's rank correlation analysis showed that meal frequency ($p = 0.000$, $r = 0.542$) and fat intake ($p = 0.011$, $r = 0.209$) were significantly associated with the incidence of dyslipidemia, with the strength of the correlation categorized as strong for meal frequency and moderate for fat intake. Meanwhile, total energy intake ($p = 0.069$, $r = 0.144$), protein intake ($p = 0.215$, $r = 0.289$), carbohydrate intake ($p = 0.872$, $r = 0.019$), and fiber intake ($p = 0.098$, $r = 0.191$) were not significantly associated with dyslipidemia and showed very weak correlation strengths. Carbohydrate intake was excluded from the multivariate analysis due to its significance value exceeding 0.25. Logistic regression analysis revealed that only meal frequency ($p = 0.000$) had a significant effect on the incidence of dyslipidemia, contributing to 35.6% of its occurrence.

Conclusion: Meal frequency is significantly associated with the incidence of dyslipidemia among the elderly. Other dietary components, including total energy, protein, fat, carbohydrates, and fiber, were not significantly related to dyslipidemia among the elderly at Budi Dharma Nursing Home, Madania Elderly Shelter, and Hanna Nursing Home.

Key words: dyslipidemia; meal frequency; dietary intake

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