

**HUBUNGAN ASUPAN MAKRONUTRIEN DAN STATUS GIZI DENGAN
KEJADIAN SARKOPENIA PADA LANSIA DI PANTI WERDHA BUDHI
DHARMA DAN PANTI WERDHA ABIYOSO YOGYAKARTA**

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INTISARI

Latar Belakang: Sarkopenia merupakan kondisi terjadinya gangguan otot yang ditandai dengan penurunan kekuatan otot, massa otot, dan performa fisik. Hal tersebut dapat berdampak merugikan bagi lansia karena kualitas hidup menjadi berkurang dan kemampuan menjalani aktivitas sehari-hari menjadi lebih terbatas. Kejadian sarkopenia dapat dipengaruhi oleh berbagai faktor, diantaranya yaitu asupan makronutrien dan status gizi.

Tujuan: Mengetahui hubungan antara asupan makronutrien dan status gizi dengan kejadian sarkopenia pada lansia di Panti Werdha Budhi Dharma dan Panti Werdha Abiyoso Yogyakarta.

Metode: Penelitian ini merupakan penelitian observasional dengan desain studi *cross-sectional*. Subjek penelitian yaitu lansia yang tinggal di Panti Werdha Budhi Dharma dan Panti Werdha Abiyoso Yogyakarta. Pengambilan sampel menggunakan metode *purposive sampling*. Sebanyak 85 subjek memenuhi kriteria inklusi dan eksklusi. Data asupan makronutrien diperoleh dengan *food recall* sebanyak 3x24 jam, sedangkan status gizi dinilai berdasarkan pengukuran lingkaran lengan atas. Data dianalisis secara univariat dan bivariat menggunakan uji *Fisher's Exact* dengan nilai signifikansi $p < 0.05$.

Hasil: Prevalensi sarkopenia pada subjek penelitian yaitu 43.5%. Hasil analisis menunjukkan terdapat hubungan yang bermakna antara kejadian sarkopenia pada lansia dengan asupan protein ($p=0.048$), asupan karbohidrat ($p=0.033$), dan status gizi berdasarkan lingkaran lengan atas ($p=0.001$). Namun, tidak ditemukan hubungan yang bermakna antara kejadian sarkopenia pada lansia dengan asupan energi (0.226) dan asupan lemak ($p=1.000$).

Kesimpulan: Terdapat hubungan antara asupan protein, asupan karbohidrat, dan status gizi berdasarkan lingkaran lengan atas dengan kejadian sarkopenia pada lansia. Namun, tidak terdapat hubungan antara asupan energi dan asupan lemak dengan kejadian sarkopenia pada lansia.

Kata Kunci: asupan makronutrien; lansia; sarkopenia; status gizi

The Relationship Between Macronutrient Intake and Nutritional Status with the Incidence of Sarcopenia among Older Adults at the Panti Werdha Budhi Dharma and Panti Werdha Abiyoso Yogyakarta

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ABSTRACT

Background: Sarcopenia is a condition characterized by muscle dysfunction, marked by a decline in muscle strength, muscle mass, and physical performance. This can have adverse effects on older adults, as it reduces their quality of life and limits their ability to perform daily activities. The occurrence of sarcopenia can be influenced by various factors, including macronutrient intake and nutritional status.

Objective: To determine the relationship between macronutrient intake and nutritional status with the incidence of sarcopenia among older adults at the Panti Werdha Budhi Dharma and Abiyoso Yogyakarta.

Methods: This was an observational study with a cross-sectional design. The study subjects were elderly residents of the Panti Werdha Budhi Dharma and Abiyoso Yogyakarta. Sampling was conducted using purposive sampling. A total of 85 subjects met the inclusion and exclusion criteria. Macronutrient intake data were obtained via a 3×24-hour food recall, while nutritional status was assessed based on upper arm circumference measurements. Data were analyzed univariately and bivariate using Fisher's Exact test with a significance level of $p < 0.05$.

Results: The prevalence of sarcopenia among the study subjects was 43.5%. The analysis revealed a significant association between the occurrence of sarcopenia and protein intake ($p = 0.048$), carbohydrate intake ($p = 0.033$), and nutritional status based on upper arm circumference ($p = 0.001$). However, no significant association was found between the incidence of sarcopenia and energy intake ($p = 0.226$) or fat intake ($p = 1.000$).

Conclusion: There is an association between protein intake, carbohydrate intake, and nutritional status based on upper arm circumference with the incidence of sarcopenia in the elderly. However, there is no association between energy intake and fat intake with the incidence of sarcopenia in the elderly.

Key words: macronutrient intake; older adults; sarcopenia; nutritional status