

Hubungan Nafsu Makan dan Asupan Zat Gizi Makro dengan Status Gizi

Lansia di Panti Wreda Budi Dharma dan BPSTW Abiyoso

Atikah Raihana Mulyawan¹, Susetyowati², Sri Handayani³

ABSTRAK

Latar Belakang: Lansia merupakan kelompok rentan yang berisiko mengalami masalah gizi akibat perubahan fisiologis, penurunan nafsu makan, serta keterbatasan asupan zat gizi. Kondisi ini sering ditemukan pada lansia yang tinggal di panti wreda, sehingga penting dilakukan penilaian terkait nafsu makan, asupan zat gizi, dan status gizi.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara nafsu makan dan asupan zat gizi makro dengan status gizi lansia di Panti Wreda Budi Dharma dan BPSTW Abiyoso.

Metode: Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Subjek penelitian adalah 79 lansia yang memenuhi kriteria inklusi dan eksklusi. Data nafsu makan diperoleh menggunakan kuesioner *Simplified Nutritional Appetite Questionnaire* (SNAQ), sedangkan asupan zat gizi makro dinilai menggunakan metode *food recall* 3 x 24 jam yang dianalisis dengan Nutrisurvey 2007. Status gizi diukur menggunakan Lingkar Lengan Atas (LILA) dan lingkaran betis. Analisis data dilakukan menggunakan uji *chi-square*.

Hasil: Sebagian besar (58,2%) lansia memiliki nafsu makan dalam kategori baik, namun asupan zat gizi makro sebagian besar tidak adekuat, serta status gizi lansia menunjukkan sebagian besar mengalami kejadian malnutrisi. Pada penelitian ini tidak terdapat hubungan yang signifikan antara nafsu makan dengan asupan zat gizi makro ($p > 0,05$). Terdapat hubungan antara nafsu makan dan asupan energi dengan status gizi berdasarkan LILA, serta asupan protein dengan status gizi berdasarkan lingkaran betis ($p < 0,05$). Selain itu, karbohidrat juga berhubungan dengan status gizi berdasarkan LILA dan lingkaran betis ($p < 0,05$), sedangkan asupan lemak tidak menunjukkan hubungan dengan status gizi berdasarkan LILA dan lingkaran betis ($p > 0,05$).

Kesimpulan: Nafsu makan dan beberapa komponen asupan zat gizi makro, seperti energi dan karbohidrat, berhubungan dengan status gizi lansia, terutama berdasarkan indikator LILA, sehingga peningkatan nafsu makan dan pemenuhan asupan gizi makro yang adekuat perlu diperhatikan dalam upaya menjaga status gizi lansia.

Kata Kunci: nafsu makan, asupan zat gizi makro, status gizi lansia, lingkaran lengan atas (LILA), lingkaran betis

¹Mahasiswa Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

²Dosen Program Studi Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

³Dosen Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

The Relationship between Appetite and Macronutrient Intake and the Nutritional Status of Elderly Residents at the Budi Dharma Nursing Home and the Abiyoso Nursing Home

Atikah Raihana Mulyawan¹, Susetyowati², Sri Handayani³

ABSTRACT

Background: The elderly are a vulnerable group at risk of nutritional problems due to physiological changes, decreased appetite, and limited nutrient intake. This condition is often found in elderly living in nursing homes, making it important to assess appetite, nutrient intake, and nutritional status.

Objective: This study aimed to determine the relationship between appetite and macronutrient intake and the nutritional status of elderly at the Budi Dharma Nursing Home and the Abiyoso Nursing Home.

Methods: This study used an observational analytical design with a cross-sectional approach. Subjects were 79 elderly who met the inclusion and exclusion criteria. Appetite data were obtained using the Simplified Nutritional Appetite Questionnaire (SNAQ), while macronutrient intake was assessed using a 3 x 24-hour food recall method analyzed with the Nutrisurvey 2007. Nutritional status was measured using mid-upper arm circumference (MUAC) and calf circumference. Data were analyzed using the chi-square test.

Results: Most elderly people have a good appetite (58,2%), but macronutrient intake is largely inadequate, and the nutritional status of the elderly indicates that most suffer from malnutrition. This study did not find a significant relationship between appetite and macronutrient intake ($p>0,05$). There was a relationship between appetite and energy intake with nutritional status based on MUAC, and protein intake with nutritional status based on calf circumference ($p<0,05$). Furthermore, carbohydrate intake was also associated with nutritional status based on MUAC and calf circumference ($p<0,05$), while fat intake showed no relationship with nutritional status based on MUAC and calf circumference ($p>0,05$).

Conclusion: Appetite and several components of macronutrient intake, such as energy and carbohydrates, are associated with nutritional status in the elderly, especially based on MUAC indicators. Therefore, increasing appetite and meeting adequate macronutrient intake are important in efforts to maintain the nutritional status of the elderly.

Keywords: appetite, macronutrient intake, nutritional status in the elderly, mid-upper arm circumference (MUAC), calf circumference

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¹Undergraduate Student of Nutrition and Health Department, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada

²Lecturer of Nutrition and Health Department, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada

³Lecturer of Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada