

HUBUNGAN ANTARA PERUBAHAN ASUPAN ENERGI DAN PROTEIN TERHADAP PERUBAHAN STATUS GIZI LANSIA DI DAERAH ISTIMEWA YOGYAKARTA

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ABSTRAK

Latar Belakang: Daerah Istimewa Yogyakarta (DIY) merupakan provinsi dengan persentase penduduk lansia terbesar di Indonesia yakni sebanyak 12,4%. Kualitas diet yang buruk merupakan permasalahan yang sering terjadi pada lansia dan merupakan faktor penyebab malnutrisi. Penelitian terdahulu menunjukkan hubungan signifikan antara asupan energi dan protein dengan status gizi pada lansia. Akan tetapi, dampak perubahan asupan energi dan protein terhadap perubahan status gizi pada lansia masih belum banyak dibahas.

Tujuan: Mengetahui hubungan antara perubahan asupan energi dan protein terhadap perubahan status gizi lansia di Daerah Istimewa Yogyakarta.

Metode: Jenis penelitian ini adalah penelitian analisis data sekunder. Penelitian primer menggunakan rancangan penelitian observasional dengan desain longitudinal. Data asupan energi dan protein pada penelitian primer dikumpulkan menggunakan formulir *24h Food Recall* dan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) sedangkan penilaian status gizi lansia menggunakan *Full Mini Nutritional Assessment* (MNA). Data dianalisis menggunakan uji *chi-square*, uji *one way ANOVA*, *paired t-test*, dan *pearson's correlation*.

Hasil: Perubahan asupan energi jangka pendek maupun jangka panjang tidak berhubungan dengan perubahan status gizi ($r=0,158$; $r=0,143$). Perubahan asupan protein juga tidak berhubungan dengan perubahan status gizi ($r=0,113$; $r=0,119$). Terdapat tren penurunan asupan seiring menurunnya status gizi.

Kesimpulan: Tidak terdapat hubungan antara perubahan asupan energi dan protein jangka pendek maupun jangka panjang terhadap perubahan status gizi lansia. Ada perbedaan bermakna antara rerata asupan energi dan protein jangka pendek dan jangka panjang pada kelompok lansia malnutrisi, berisiko malnutrisi dan gizi baik.

Kata kunci: lansia, malnutrisi, perubahan status gizi, asupan energi, asupan protein

THE ASSOCIATION BETWEEN CHANGES IN ENERGY AND PROTEIN INTAKE WITH CHANGES IN NUTRITIONAL STATUS AMONG OLDER ADULTS IN SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

Background: Special Region of Yogyakarta is the province with the largest population of older adults in Indonesia (i.e., ~12%). Poor diet quality is a problem that often occurs in older adults and is a contributing factor of malnutrition. Previous studies show significant association between energy and protein intake with nutritional status among older adults. However, the impact of changes in energy and protein intake on changes in nutritional status among older adults has not been widely discussed.

Aims: To understand the association between changes in energy and protein intake on changes in nutritional status among older adults in Special Region of Yogyakarta.

Methods: Design of this study was analysis of secondary data. Primary study used observational longitudinal design. Single 24h Food Recall and Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) were used to asses energy and protein intake. Full Mini Nutritional Assessment (MNA) assessed nutritional status. Data was analyzed using chi-square test, one way ANOVA test, paired t-test and pearson's correlation test.

Results: Short term and long term changes of energy intake were not associated with changes in nutritional status ($r=0.158$; $r=0.143$). Changes in protein intake also were not associated with changes in nutritional status ($r=0,113$; $r=0,119$). There was a declining trend of energy and protein intake as nutritional status decreased.

Conclusion: Short term and long term changes in energy and protein intake are not associated with changes in nutritional status among older adults. There are significant difference between short term and long term mean of energy and protein intake among malnourished, at risk of malnutrition and well nourished older adults.

Key words: older adults, malnutrition, changes in nutritional status, energy intake, protein intake