

## HUBUNGAN ANTARA STATUS DISABILITAS DENGAN STATUS GIZI PADA LANSIA DI DESA BATU RETNO KECAMATAN BANGUNTAPAN KABUPATEN BANTUL YOGYAKARTA

Hastantri<sup>1</sup>, Purwanta<sup>2</sup>, Retno Pangastuti<sup>3</sup>

### INTISARI

**Latar Belakang:** Kemampuan aktivitas fisik lansia menggambarkan kondisi kesehatan secara umum. Faktor kesehatan yang berperan dalam perubahan status gizi antara lain adalah naiknya insidensi penyakit degenerasi maupun non degenerasi yang berakibat dengan perubahan dalam asupan makanan, perubahan dalam absorpsi dan utilisasi zat-zat gizi di tingkat jaringan.

**Tujuan:** Mengetahui hubungan antara status disabilitas dengan status gizi pada lansia di Desa Baturetno.

**Metode:** Penelitian ini adalah *non-eksperimen* dengan rancangan *cross sectional*. Penelitian ini dilakukan pada bulan September – November 2014 dengan responden sebanyak 96 lansia yang tinggal di Desa Baturetno Kecamatan Banguntapan, Kabupaten Bantul, Yogyakarta. Data dikumpulkan dengan menggunakan kuisioner. Analisis statistik yang digunakan adalah uji alternatif *Spearman Rho*.

**Hasil:** Diperoleh 78,2 % responden mempunyai status disabilitas kategori mandiri, 19,8 % responden mempunyai status disabilitas kategori ketergantungan ringan. Responden dengan status disabilitas kategori ketergantungan sedang dan berat masing-masing sebesar 1,0 %. Selain itu juga diperoleh 58,3 % responden mempunyai status gizi baik, 35,4 % responden mempunyai status gizi kurang, serta 6,2 % responden mempunyai status gizi lebih.

**Kesimpulan:** Tidak terdapat hubungan antara status disabilitas dengan status gizi pada lansia di desa Baturetno Banguntapan Bantul Yogyakarta.

**Kata Kunci:** *Lansia, Status Disabilitas, Status Gizi.*

- 
1. Mahasiswa Program Studi Ilmu Keperawatan, FK UGM, Yogyakarta.
  2. Program Studi Ilmu Keperawatan, FK UGM, Yogyakarta.
  3. Instalasi Gizi RSUP Dr. Sardjito, Jl. Kesehatan, Yogyakarta.

## ASSOCIATION BETWEEN DISABILITY AND NUTRITIONAL STATUS OF THE ELDERLY IN BATU RETNO VILLAGE, BANGUNTAPAN, BANTUL, YOGYAKARTA

Hastantri<sup>1</sup>, Purwanta<sup>2</sup>, Retno Pangastuti<sup>3</sup>

### ABSTRACT

**Background:** The physical activities of the elderly describe the general health condition. Health factors which have a role in the changes of nutritional status are the increasing of incidence of degeneration and/or non-degeneration diseases which affect the changes of nutrition supply, the changes of the nutrition's absorption and utilization in the tissue level.

**Purpose:** To find the association between disability and nutritional status of the elderly in Baturetno Village.

**Method:** This research was *non-eksperimen* with cross sectional plan. This research was conducted in September until November 2014 with ninety six respondents of the elderly live in Baturetno Village, Banguntapan, Bantul, Yogyakarta. Questioners were used to collect the data. Meanwhile, Spearman Rho alternative test was used as the statistic analysis.

**Result:** There are 78, 2% respondents with independent disability category; 19, 8% respondents with low dependency disability category; 1, 0% respondents with medium dependency disability category; and 1, 0% with high dependency disability category. Furthermore, it is also obtained that 58, 3 % respondents have a good nutritional status; 34, 5 % respondents have a low nutritional status; and 6, 2 % respondents have a great nutritional status.

**Conclusion:** There is no association between disability and nutritional status of the elderly in Baturetno Village, Banguntapan, Bantul, Yogyakarta.

**Key Words:** *The elderly, Disability Status, Nutritional Status*

---

1. The colleger of Nursing Study Program, Medical Faculty, Gadjah Mada University, Yogyakarta.
2. Nursing Study Program, Medical Faculty, Gadjah Mada University, Yogyakarta.
3. Department of Nutrition and Food Service, Dr. Sardjito Hospital, Kesehatan Street, Yogyakarta.