

**Hubungan Ketepatan Porsi dan Asupan Makan pada Lansia
di Panti Sosial Tresna Werdha Budi Luhur, Bantul, Yogyakarta**

INTISARI

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Latar Belakang: Peningkatan jumlah lansia memberikan tantangan untuk dilakukannya upaya-upaya mengatasi atau menanggulangi permasalahan gizi yang sering muncul pada lansia termasuk lansia yang tinggal di panti wreda. Pelayanan makan di panti wreda kurang mendapat perhatian termasuk porsi makanan yang disajikan ke lansia. Di Panti Sosial Tresna Werdha Budi Luhur, pembagian porsi dilakukan oleh salah satu lansia pada tiap wisma atau pramurukti, dan tidak diketahui apakah porsi yang disajikan ke tiap lansia sudah tepat. Pada orang dewasa, besar porsi mempengaruhi asupan makan dan energi.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara ketepatan porsi dan asupan makan, gambaran ketepatan porsi dan gambaran asupan makan lansia di PSTW Budi Luhur.

Metode : Penelitian ini merupakan penelitian observasional dengan rancangan studi *cross sectional*. Penelitian berlangsung pada bulan Mei-Juni 2015 dengan jumlah subyek 44 lansia. Porsi di unit distribusi, ketepatan porsi dan asupan makan diukur menggunakan metode penimbangan makanan dan observasi selama 15 hari pada saat makan siang. Uji yang digunakan adalah uji korelasi *Spearman rank correlation*.

Hasil : Sebagian besar porsi makanan pokok, lauk hewani, lauk nabati, sayur dan buah yang disajikan tidak tepat. Sebagian besar asupan makanan pokok, lauk hewani dan sayur termasuk kurang, sedangkan lauk nabati dan buah termasuk baik. Hasil uji korelasi menunjukkan hubungan yang bermakna antara ketepatan porsi dan asupan makan makanan pokok, lauk hewani, lauk nabati, sayur dan buah ($p < 0,05$) dengan kekuatan korelasi yang sedang ($r = 0,4 - < 0,6$).

Kesimpulan : terdapat hubungan antara ketepatan porsi dan asupan makan pada lansia, semakin besar porsi yang diberikan maka semakin besar asupannya dan sebaliknya.

Kata Kunci : porsi, ketepatan porsi, asupan makan, lansia, panti wreda

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Association between Portion Accuracy and Food Intake of Older Adults in Panti Sosial Tresna Werdha (PSTW) Budi Luhur, Bantul, Yogyakarta

ABSTRACT

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Background : there is a challenge to overcome nutrition problems as the number of older adults increases, including the older adults who live in nursing home. Food service in nursing home often get less attention, such as in the portion size of meals that is served to the older adult. In PSTW Budi Luhur, portion size is served by one representation of the older adults in each group or “pramurukti”, and it is still unknown whether the portion size is served accurately. Portion size influenced food and energy intake in adults.

Objectives : to investigate the association of portion accuracy with food intake of older adults in PSTW Budi Luhur, Bantul, Yogyakarta.

Methods : forty four older adults were recruited in the observational, cross sectional study in PSTW Budi Luhur, Bantul, Yogyakarta from May to June 2015. Portion in distribution unit , portion accuracy, and food intake were measured by food weighing and observation for 15 days at lunch. Spearman rank correlation formula were used to analyze the association between portion accuracy and food intake.

Results : most of the portion sizes of grains, meat, poultry and fish, beans and bean products, fruits, and vegetables are served inaccurately. Food intakes from grains, meat, poultry, and fish, and vegetables are mainly deficient, while intakes from beans and bean products, and fruits are largely good. There is a significant association between portion accuracy and food intake in all food groups ($p\text{-value} < 0.05$) with medium strength of correlation ($r = 0.4 - < 0.6$).

Conclusion : there is an association between food accuracy and food intake in elderly, in which larger food portion leads to larger food intake, and vice versa.

Keywords : portion, portion accuracy, food intake, older adults, nursing home

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