

ABSTRACT

FACTORS RELATED TO NUTRITIONAL STATUS IN ELDERLY IN NURSING HOME SABAI NAN ALUIH SICINCIN

by
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The number of elderly population is increasing rapidly along with unavoidable degenerative health conditions as the consequences. In this case, nutritional support is essential. However, nutritional intake in elderly seems to be not taken properly so that there are still elderly suffer from malnutrition including those who live in nursing homes. The purpose of this study was to identify factors related to nutritional status in elderly.

This analytical study used cross-sectional design and was performed from May to December, 2015. Fifty three out of 81 elderly who lived at Sabai Nan Aluih Nursing Home in Sicincin sub-district voluntarily participated in the study. Nutritional status was assessed with BMI. Depressive symptoms were rated with the Geriatric Depression Scale-15 (GDS-15). Caloric intake was assessed with 24-hours food-recall method. Univariate and chi-square test for bivariate analysis were used in this research.

About half of participants were undernourished (50,9%), about half of them had low caloric intake (62,3%), about one fifth of them suffer from depression (22,6%), and half of them had 0-10 teeth (50,9%). Statistical analysis showed that caloric intake correlated significantly with nutritional status ($p=0,023$), whereas depression ($p=0,095$) and number of teeth ($p=0,340$) had no influence.

The result of the present study showed relationship between caloric intake and nutritional status. Based on the result, it is recommended to the stakeholder to pay more attention for sufficient nutritional intake of elderly especially caloric intake.

Keywords: nutritional status, elderly, caloric intake, depression, teeth, nursing home

ABSTRAK

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN STATUS GIZI LANSIA DI PANTI SOSIAL TRESNA WERDHA SABAI NAN ALUIH SICINCIN

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Peningkatan populasi lansia yang membawa serta berbagai masalah kesehatan, perlu didukung dari segi nutrisi. Namun, pemenuhan kebutuhan nutrisi pada lansia belum mencukupi, sehingga masih banyak lansia dengan malnutrisi, termasuk lansia yang tinggal di panti sosial. Tujuan dari penelitian ini adalah untuk mengetahui faktor-faktor yang berhubungan dengan status gizi lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin.

Jenis penelitian ini merupakan penelitian analitik yang menggunakan desain *cross sectional* yang dilakukan bulan Mei hingga Desember tahun 2015. Populasi dalam penelitian ini adalah seluruh lansia yang tinggal di panti sosial tresna werdha sabai nan aluih sicincin. Dari 81 orang lansia penghuni panti sosial hanya 53 lansia yang berpartisipasi dalam penelitian yang diambil dengan *total sampling*. Status gizi dinilai berdasarkan IMT, asupan kalori dengan 24-hours food recall, dan depresi dengan GDS-15. Data yang diperoleh dianalisis secara univariat dan bivariat dengan uji *Chi-Square Test*.

Sebagian dari responden memiliki status gizi kurang sebesar 50,9%, memiliki asupan kalori yang kurang sebesar 62,3%, menderita depresi sebesar 22,6%, dan memiliki gigi 0-10 gigi sebesar 50,9%. Dari hasil uji statistik, diperoleh hasil bahwa asupan kalori berhubungan dengan status gizi ($p=0,023$), sedangkan tingkat depresi ($p=0,095$) dan jumlah gigi ($p=0,340$) tidak berhubungan dengan status gizi lansia.

Hasil uji statistik menunjukkan bahwa asupan kalori berhubungan dengan status gizi. Berdasarkan hasil tersebut, disarankan kepada pihak pengelola panti agar memperhatikan asupan nutrisi lansia terutama dalam pemenuhan asupan kalori.

Kata Kunci: Status gizi lansia, asupan kalori, depresi, jumlah gigi, panti sosia