

THE CORRELATION BETWEEN NUTRITIONAL STATUS AND QUALITY OF LIFE IN ELDERLY PEOPLE IN SUBDISTRICT OF WEST PADANG

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ABSTRACT

The elderly people are most at risk of malnutrition for many reasons that occur with aging. Malnutrition has been associated strongly with increased morbidity, healthcare costs, and mortality in elderly people. Evidence exists on the correlation between nutritional status and health-related quality of life in elderly people. This research aimed to investigate the correlation among nutritional status and quality of life in elderly people in subdistrict of West Padang, Padang City, West Sumatra.

This analytical cross-sectional study was done in subdistrict of West Padang from February 2016 to March 2016. The sampling technique used was accidental sampling. Participants were interviewed to complete surveys on nutritional status and HRQoL. Nutritional status was assessed by the MNA tool and HRQoL was measured by the WHOQOL-BREF questionnaire. The chi-square test was used for the statistical analyses, performed with SPSS software version 22.0.

Out of the total of 110 elderly people, 54,5% were found to be poor nourished and 82,7% were found to have good quality of life. There was a significant correlation between nutritional status and physical domain of quality of life (p value=0,024), whereas nutritional status had no significant correlation with overall quality of life (p value= 0,065).

Conclusion, a positive correlation was seen between nutritional status and physical domain of quality of life. Nutritional status is found to be insignificantly correlated with overall quality of life in elderly people in subdistrict of West Padang, Padang City, West Sumatra.

Keywords: nutritional status, quality of life, elderly people

HUBUNGAN STATUS NUTRISI DENGAN KUALITAS HIDUP PADA LANSIA DI KECAMATAN PADANG BARAT

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ABSTRAK

Lansia merupakan kelompok umur yang paling berisiko mengalami malnutrisi akibat banyaknya perubahan yang terjadi seiring dengan penuaan. Malnutrisi berhubungan erat dengan meningkatnya morbiditas, biaya pelayanan kesehatan, dan mortalitas. Diperkirakan adanya hubungan antara status nutrisi dengan kualitas hidup pada lansia. Penelitian ini bertujuan untuk mengetahui hubungan antara status nutrisi dengan kualitas hidup pada lansia di Kecamatan Padang Barat, Kota Padang, Sumatra Barat.

Jenis penelitian ini adalah observasional analitik dengan pendekatan *cross-sectional*. Penelitian dilakukan di Kecamatan Padang Barat pada bulan Februari – Maret 2016. Pengambilan sampel menggunakan teknik *accidental sampling*. Subjek penelitian diwawancarai untuk melengkapi survey status nutrisi dan kualitas hidup. Status nutrisi dikaji menggunakan instrumen MNA dan kualitas hidup diukur menggunakan kuesioner WHOQOL-BREF. Uji chi-square digunakan untuk analisis statistik dengan software SPSS versi 22.0.

Dari 110 lansia, 54,5% berstatus nutrisi kurang dan 82,7% memiliki kualitas hidup yang baik. Didapatkan hubungan yang bermakna antara status nutrisi dan kualitas hidup domain fisik ($p\text{ value}=0,024$), namun tidak terdapat hubungan yang bermakna antara status nutrisi dengan kualitas hidup secara keseluruhan ($p\text{ value}= 0,065$).

Kesimpulan, didapatkan hubungan yang bermakna antara status nutrisi dengan kualitas hidup domain fisik dan tidak terdapat hubungan yang bermakna antara status nutrisi dengan kualitas hidup secara keseluruhan pada lansia di Kecamatan Padang Barat, Kota Padang, Sumatra Barat.

Kata kunci: status nutrisi, kualitas hidup, lansia