

Hadi Khoirul Arifin. NIM G0B014001, “Gambaran pemberian ketepatan waktu makan dengan sisa makanan pokok diet lunak pada pasien geriatri di Instalasi Murai RSUP Dr. Kariadi Semarang”, di bawah bimbingan Hapsari Suistya Kusuma dan Yuliana Noor Setiawati Ulvie.

Abstrak

Keterlambatan petugas dalam menyajikan makanan dapat menurunkan selera makan pasien, sehingga dapat menimbulkan sisa makanan yang banyak. Adanya sisa makanan pasien di rumah sakit mengakibatkan asupan gizi pasien tidak adekuat. Pasien dengan asupan gizi yang tidak adekuat mempunyai resiko 2,4 kali untuk terjadi malnutrisi rumah sakit. Tujuan penelitian ini untuk mengetahui gambaran pemberian ketepatan waktu makan dengan sisa makanan pokok diet lunak pada pasien geriatri di Instalasi Murai RSUP Dr. Kariadi Semarang. Jenis penelitian ini adalah deskriptif analitik, yaitu penelitian untuk menggambarkan serta menganalisa hasil penelitian tanpa mencari hubungan antar variabel dengan menggunakan pendekatan cross-sectional. Teknik total sampling dengan sampel sebanyak 26 responden. Analisis data secara univariat dan tabulasi silang (cross tab). Hasil penelitian menunjukkan jenis kelamin responden sebagian besar adalah laki-laki sebesar 53,8%, pramusaji menyajikan makanan tepat pada waktunya yaitu dengan nilai sebesar 91%, dan ada sisa makanan dengan nilai sebesar 45,73% di Instalasi Murai RSUP Dr. Kariadi Semarang. Atas dasar hasil penelitian diatas perlu dikaji lebih mendalam tentang faktor-faktor lain penyebab sisa makanan dari pasien, tidak sebatas ketepatan waktu dalam penyajian makanan saja, sehingga pihak rumah sakit lebih optimal dalam memberikan pelayanan terutama dalam hal peningkatan asupan nutrisi kepada pasien.

Kata kunci : Ketepatan waktu penyajian makanan, sisa makanan

Abstract

Delayed officers in serving food can lower the appetite of the patient, so it can cause a lot of food scraps. The presence of patient food waste in the hospital resulted in inadequate nutrition of the patient. Patients with inadequate nutrition intake have a 2.4 times risk for hospital malnutrition. The purpose of this study to determine the description of feeding timeliness with the rest of the staple diet soft foods in geriatric patients at the Murai Installation of Dr. Kariadi Hospital. The type of this research is descriptive analytic, that is research to describe and analyze the result of research without looking for relationship between variables by using cross-sectional approach. The total sampling technique with the sample is 26 respondents. Univariate data analysis and cross tabs. The result of the research shows that the gender of the respondent is mostly male, 53,8%, the waiter presents the food at the right time with the value of 91%, and there is food waste with the value of 45,73% in Murai Installation of Dr. Kariadi Hospital. On the basis of the above research results need to be studied more deeply about other factors cause the rest of the food from the patient, not limited to the timeliness in serving food alone so that the hospital is more optimal in providing services, especially in terms of increased nutritional intake in patients.

Key words : Timeliness of serving food, food leftovers

RINGKASAN

Delayed officers in serving food can lower the appetite of the patient, so it can cause a lot of food scraps. The presence of patient food waste in the hospital resulted in inadequate nutrition of the patient. Patients with inadequate nutrition intake have a 2.4 times risk for hospital malnutrition. The purpose of this study to determine the description of feeding timeliness with the rest of the staple diet soft foods in geriatric patients at the Murai Installation of Dr. Kariadi Hospital. The type of this research is descriptive analytic by using cross-sectional approach. The total sampling technique with the sample is 26 respondents. Univariate data analysis and cross tabs. The result of the research shows that the gender of the respondent is mostly male, 53,8%, the waiter presents the food at the right time with the value of 91%, and there is food waste with the value of 45,73% in Murai Installation of Dr. Kariadi Hospital. On the basis of the above research results need to be studied more deeply about other factors cause the rest of the food from the patient, not limited to the timeliness in serving food alone so that the hospital is more optimal in providing services, especially in terms of increased nutritional intake in patients.

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