

ABSTRAK

ULFA SETYAWATI, 2020. Hubungan Konsumsi Energi, dan Zat Gizi Terhadap Status Gizi Lansia Di Desa Bokor, Kabupaten Malang. Pembimbing: **I NENGAH TANU KOMALYNA, DCN, SE, M.Kes.**

Pola konsumsi yang kurang sehat dapat mengakibatkan penurunan daya tahan tubuh lansia sehingga akan timbul berbagai keluhan kesehatan terutama pada masa tua. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi energi, dan zat gizi terhadap status gizi lansia. Penelitian ini menggunakan jenis penelitian Analitik Observasional dengan pendekatan Cross Sectional, dengan variabel bebas adalah konsumsi energi, dan konsumsi zat gizi, dan variabel terikatnya adalah status gizi lansia. Penelitian dilakukan pada 20 Januari – 22 Februari 2020 di desa Bokor, Kabupaten Malang.

Hasil penelitian ini menunjukkan bahwa dari 30 responden lansia yang diteliti. Tingkat konsumsi energi lansia diketahui sebesar 90% termasuk kategori kurang (60% kurang, dan 30% sangat kurang), tingkat konsumsi zat gizi (protein dan karbohidrat) lansia diketahui dalam kategori kurang 86,6% pada protein dan 83.3% pada karbohidrat, pada tingkat konsumsi lemak lansia diketahui sebesar 76,7% termasuk dalam kategori cukup. Dengan rata-rata asupan karbohidrat lansia sebesar 216 gram. Rata-rata konsumsi energi lansia adalah sekitar 1442 kkal, sedangkan pada zat gizi lansia (protein, lemak, karbohidrat) sebesar 63 gram pada konsumsi protein, 79.9 gram pada konsumsi lemak dan 216 gram pada konsumsi 216 gram. Tidak ada hubungan energi $p=0.171$ dan protein ($p=0.273$), lemak ($p=0.273$), karbohidrat ($p=0.351$) terhadap status gizi lansia. Dengan kebiasaan makan lansia yang suka mengonsumsi makanan berlemak dan juga kurangnya konsumsi zat gizi pada lansia, kader dan tenaga kesehatan dapat mengedukasi lansia pada saat posyandu lansia tentang makan seimbang bagi lansia beserta pengolahan makanan yang tepat.

Kata Kunci : Status Gizi, Energi, Zat Gizi, Lansia

ABSTRACT

ULFA SETYAWATI, 2020. The Relations between Energy Consumption and Nutrients Against the Nutritional Status of the Elderly in Bokor, Malang District. Advisor: **I NENGAH TANU KOMALYNA, DCN, SE, M.Kes.**

Unhealthy consumption patterns can result in decreased endurance in the elderly so that various health complaints will arise, especially in old age. This study aims to determine the relations between energy and nutrient consumption on the nutritional status of the elderly. This research uses analytical observational research with a cross sectional approach, with the independent variables being energy consumption and nutrient consumption, and the dependent variable is the nutritional status of the elderly. The research was conducted on January 20 - February 22 2020 in the Bokor, Malang District.

The results of this study indicate that of the 30 elderly respondents studied. The level of energy consumption of the elderly is known to be 90%, including in the under category (60% less, and 30% very less), the level of nutrient consumption (protein and carbohydrates) of the elderly is known to be in the poor category of 86.6% in protein and 83.3% in carbohydrates, at It is known that the level of fat consumption in the elderly is 76.7% in the moderate category. With an average carbohydrate intake of 216 grams for the elderly. The average energy consumption of the elderly is around 1442 kcal, while the nutrition of the elderly (protein, fat, carbohydrate) is 63 grams for protein consumption, 79.9 grams for fat consumption and 216 grams for 216 grams for consumption. There is no relationship between energy $p = 0.171$ and protein ($p = 0.273$), fat ($p = 0.273$), carbohydrates ($p = 0.351$) on the nutritional status of the elderly. With the eating habits of the elderly who like to eat fatty foods and also lack of nutritional consumption in the elderly, cadres and health workers can educate the elderly at the elderly posyandu about balanced eating for the elderly along with proper food processing.

Keywords: Nutritional Status, Energy, Nutritional Substances, Elderly