

ABSTRAK

Arum Puspita Ningtyas

HUBUNGAN VARIASI MENU LAUK DAN SAYURAN TERHADAP
SISA MAKANAN RUMAH SAKIT UMUM DAERAH HAJI PROVINSI
JAWA TIMUR

xiii + 81 halaman + 11 tabel + 10 lampiran

Sisa makanan merupakan indikator krusial mutu pelayanan gizi rumah sakit yang berdampak pada asupan pasien dan efisiensi biaya. Bertujuan menganalisis pengaruh variasi menu (jenis dan teknik pengolahan) lauk serta sayuran terhadap sisa makanan pasien diet TKTP. Penelitian observasional analitik dengan pendekatan *cross-sectional* dilakukan di RSUD Haji Provinsi Jawa Timur (November 2025–Februari 2026). Sampel terdiri dari 40 pasien (teknik *simple random sampling*). Data sisa makanan diukur menggunakan metode *visual comstock*. Uji korelasi Spearman menunjukkan bahwa variasi jenis lauk ($p < 0,001$; $r = -0,649$), teknik pengolahan lauk ($p = 0,009$; $r = -0,410$), serta variasi jenis sayur ($p = 0,027$; $r = -0,350$) berhubungan signifikan dengan sisa makanan. Sebaliknya, variasi teknik pengolahan sayur tidak berhubungan signifikan ($p = 0,878$; $r = -0,025$). Keberagaman jenis lauk, sayur, dan teknik pengolahan lauk merupakan determinan penting dalam menekan sisa makanan, sementara teknik pengolahan sayur tidak memberikan pengaruh berarti. Disarankan kepada instalasi gizi rumah sakit untuk mempertahankan dan meningkatkan variasi jenis serta teknik pengolahan menu lauk dan sayuran guna menurunkan sisa makanan pasien serta meningkatkan mutu pelayanan gizi rumah sakit.

Kata Kunci : Variasi menu, lauk, sayuran, sisa makanan, pasien rawat inap
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ABSTRACT

Arum Puspita Ningtyas

THE RELATIONSHIP BETWEEN VARIATIONS IN SIDE DISH AND VEGETABLE MENUS AND FOOD WASTE AMONG INPATIENTS AT RUMAH SAKIT UMUM DAERAH HAJI PROVINSI JAWA TIMUR

xiii + 81 pages + 11 tables + 10 appendices

Food waste is a crucial indicator of the quality of hospital nutrition services, impacting both patient intake and cost efficiency. This study aimed to analyze the influence of menu variations—specifically the types and preparation techniques of main dishes and vegetables—on food waste among patients on a high-calorie, high-protein (TKTP) diet. An observational analytic study with a cross-sectional design was conducted at the Haji Regional General Hospital (RSUD) of East Java Province (November 2025–February 2026). The sample consisted of 40 patients (selected via simple random sampling). Food waste was measured using the Comstock visual method. Spearman correlation tests revealed that the variety of main dish types ($p < 0.001$; $r = -0.649$), main dish preparation techniques ($p = 0.009$; $r = -0.410$), and vegetable varieties ($p = 0.027$; $r = -0.350$) were significantly associated with food waste. Conversely, the variation in vegetable preparation techniques showed no significant association ($p = 0.878$; $r = -0.025$). Diversity in the types of main dishes and vegetables, as well as main dish preparation techniques, are key determinants in reducing food waste, whereas vegetable preparation techniques do not exert a significant influence. It is recommended that the hospital's nutrition department maintain and enhance the variety of types and preparation techniques for main dishes and vegetables to reduce patient food waste and improve the quality of hospital nutrition services.

Keywords : Menu variation, side dishes, vegetables, food waste, hospitalized patients

References : 7 books, 38 Journal (2016 – 2025)