

ABSTRAK

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HUBUNGAN DAYA TERIMA DAN SISA MAKANAN TERHADAP KONDISI FISILOGIS BERAT BADAN PASIEN RAWAT INAP DI RSUD HAJI PROVINSI JAWA TIMUR

xvi + 131 Halaman + 27 tabel + 18 lampiran

Latar Belakang: Pelayanan gizi rumah sakit berperan penting dalam memenuhi kebutuhan gizi pasien rawat inap, namun rendahnya daya terima makanan masih menyebabkan tingginya sisa makanan yang dapat memengaruhi kondisi fisiologis berat badan pasien. Penelitian ini bertujuan menganalisis hubungan daya terima dan sisa makanan terhadap kondisi fisiologis berat badan pasien rawat inap di RSUD Haji Surabaya. **Tujuan:** Mengetahui hubungan daya terima dan sisa makanan terhadap kondisi fisiologis berat badan pasien rawat inap di RSUD Haji Provinsi Jawa Timur. **Metode:** Analitik observasional dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 67 pasien dengan sampel 40 pasien rawat inap diet TKTP yang dipilih menggunakan *purposive sampling*. Data sisa makanan dikumpulkan menggunakan formulir comstock, data daya terima dikumpulkan melalui selisih antara jumlah makanan yang disajikan dengan jumlah makanan yang tersisa, sedangkan berat badan diperoleh melalui penimbangan pasien rawat inap pada awal masuk Rumah Sakit dan saat keluar Rumah Sakit. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *spearman Rank*. **Hasil:** Hasil penelitian menunjukkan sisa makanan tertinggi terjadi pada makan siang dengan jenis komponen sayur sebesar 50%, daya terima tertinggi terjadi pada makan pagi dan siang dengan komponen buah masing-masing sebesar 95%, berat badan pasien cenderung tetap selama masa perawatan dengan hasil sebesar 67,5%. **Kesimpulan:** Terdapat hubungan antara daya terima dengan kondisi fisiologis berat badan dengan $p\text{-value} = 0,467$ dan koefisien korelasi = -0,118. Rumah sakit dapat melakukan perbaikan siklus menu secara berkala, terutama pada penggunaan bahan makanan pada sayur yang sering berulang dengan mempertimbangkan penerapan siklus menu 7 hari untuk mengurangi pengulangan.

Kata kunci: daya terima makanan, sisa makanan, kondisi fisiologis berat badan, pasien rawat inap, pelayanan gizi rumah sakit.

Daftar bacaan: 5 buku dan 20 jurnal ilmiah (2015-2026)

ABSTRAC

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THE RELATIONSHIP BETWEEN FOOD ACCEPTABILITY AND FOOD WASTE ON THE PHYSIOLOGICAL CONDITION OF BODY WEIGHT IN INPATIENTS AT RSUD HAJI EAST JAVA PROVINCE

xvi + 131 Pages + 27 Tables + 18 Appendices

Background: Hospital nutrition services play an important role in meeting the nutritional needs of inpatients. However, low food acceptability still causes high food waste, which may affect the physiological condition of patients' body weight. This study aimed to analyze the relationship between food acceptability and food waste on the physiological condition of body weight in inpatients at RSUD Haji Surabaya. **Objective:** To determine the relationship between food acceptability and food waste on the physiological condition of body weight in inpatients at RSUD Haji East Java Province. **Methods:** This study used an observational analytic design with a cross-sectional approach. The population consisted of 67 patients, with 40 inpatient patients receiving a high-calorie high-protein diet (TKTP) selected using purposive sampling. Food waste data were collected using the Comstock form, food acceptability data were obtained from the difference between the amount of food served and the amount of food left over, while body weight data were obtained through weighing patients at hospital admission and discharge. Data analysis was conducted using univariate and bivariate analysis with the Spearman Rank test. **Results:** The results showed that the highest food waste occurred at lunch, particularly in the vegetable component (50%). The highest food acceptability was found at breakfast and lunch for the fruit component, each reaching 95%. Patients' body weight tended to remain stable during hospitalization, with 67.5% of patients showing no weight change. **Conclusion:** There was a relationship between food acceptability and the physiological condition of body weight with a p-value = 0.467 and correlation coefficient = -0.118. Hospitals are advised to periodically improve menu cycles, especially by reducing the repetitive use of vegetable ingredients and considering the implementation of a 7-day menu cycle to minimize repetition.

Keywords: food acceptability, food waste, physiological body weight condition, inpatients, hospital nutrition services.

References: 5 books and 20 scientific journals (2015–2026).