

Abstrak

HUBUNGAN RASA, AROMA, SUHU MAKANAN DAN GANGGUAN GASTROINTESTINAL TERHADAP SISA MAKANAN PASIEN RAWAT INAP KELAS II DAN III DI RS AN-NISA KOTA TANGERANG

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Latar Belakang: Evaluasi makanan suatu pelayanan gizi di rumah sakit dapat dilihat dari sisa makanan pasien. Standar pelayanan minimal rumah sakit mensyaratkan bahwa sisa makanan pasien tidak boleh lebih dari 20%. Penelitian ini bertujuan untuk mengetahui hubungan rasa, aroma, suhu makanan, gangguan gastrointestinal dengan sisa makanan pasien rawat inap kelas II dan III di RS An-Nisa Kota Tangerang.

Metode: Desain Penelitian ini adalah *cross-sectional* dengan jumlah sampel sebanyak 32 pasien terpilih secara *purposive sampling*. Pengumpulan data meliputi penimbangan sisa makanan dan wawancara rasa, aroma, suhu makanan, gangguan gastrointestinal, dan sisa makanan. Data dianalisis dengan menggunakan uji *chi-square*.

Hasil: Terdapat hubungan ($p < 0,05$) antara rasa makanan pokok, rasa lauk hewani, rasa lauk nabati, dan rasa sayur, dan aroma lauk nabati terhadap sisa makanan. Terdapat hubungan ($p < 0,05$) antara gangguan gastrointestinal dengan sisa makanan pokok, sisa lauk hewani, dan sisa lauk nabati dengan sisa makanan. Tidak terdapat hubungan ($p > 0,05$) antara aroma makanan pokok, lauk hewani, aroma sayur, suhu makanan pokok, suhu lauk hewani, suhu lauk nabati, dan suhu sayur terhadap sisa makanan. Tidak terdapat hubungan ($p > 0,05$) antara gangguan gastrointestinal dengan sisa lauk sayur dengan sisa makanan.

Kesimpulan: Sisa Makanan di RS An-Nisa Kota Tangerang masih tergolong banyak ($> 20\%$). Sisa makanan paling banyak menurut jenis makanannya adalah lauk nabati (62,5%). Terdapat hubungan yang signifikan antara rasa makanan dan aroma pada lauk nabati terhadap sisa makanan. Terdapat hubungan anatara gangguan gastrointestinal dengan sisa makanan pokok, lauk hewani, dan lauk nabati.

Kata Kunci: Aroma, Gangguan Gastrointestinal, Rasa, Sisa Makanan, Suhu.

Abstract

The Relationship of Food Taste, Aroma, Temperature and Gastrointestinal Disorder with Food Waste among Class II and Class III Inpatients in An-Nisa Hospital, Tangerang

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Background: Food evaluation in a hospital can be seen from patient's food waste. Minimum standard of hospitals require that foods waste of patient is not more than 20%. The aim of this study was to analyze the association between food taste, aroma, temperature and gastrointestinal disorder with food waste among class II and class III inpatients in An-Nisa Hospital, Tangerang.

Methodology: The study was using cross-sectional design with 32 samples were obtained by purposive sampling technique. Data of food waste were obtained by food weighing and interview with questioners for patient's perception of food taste, aroma, temperature and gastrointestinal disorder. The data were analyzed by using chi-square test.

Result: There is a relationship ($p < 0,05$) between food taste and the aroma of vegetable side dish with food waste. There is a relationship ($p < 0,05$) between gastrointestinal disorder with food waste of staple food, animal side dish, and vegetable side dish. There is no relationship ($p > 0,05$) between the aroma of staple food, the aroma of animal side dish, and the temperature of foods with food waste. There is no relationship ($p > 0,05$) between gastrointestinal disorder with food waste of vegetable.

Conclusion: The food waste in An-Nisa Hospital is classified as many ($> 20\%$). The most food waste according to the type of food is vegetable side dish (62,5%). There is a significant relationship between food taste and the aroma of vegetable side dish with food waste. There is a relationship between gastrointestinal disorder with food waste of staple food, animal side dish, and vegetable side dish.

Keywords: aroma, gastrointestinal disorder, taste, food waste, temperature.