

ABSTRAK

HUBUNGAN ANTARA PENGETAHUAN GIZI SEIMBANG DAN TINGKAT KECUKUPAN PROTEIN DENGAN STATUS GIZI LANSIA DI WILAYAH KERJA PUSKESMAS PURWOKERTO UTARA II

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Latar Belakang : Status gizi akan mempengaruhi kualitas hidup lansia. Perubahan status gizi pada lansia dapat disebabkan oleh determinan langsung seperti asupan gizi serta determinan tidak langsung seperti pengetahuan. Asupan protein yang baik dapat meningkatkan massa otot pada lansia sehingga dapat mempengaruhi status gizi lansia. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan gizi seimbang dan tingkat kecukupan protein dengan status gizi lansia di wilayah kerja Puskesmas Purwokerto Utara II.

Metode : Populasi pada penelitian ini adalah lansia yang bertempat tinggal di Wilayah Kerja Puskesmas Purwokerto Utara II. Sampel penelitian berjumlah 108 responden. Penelitian ini menggunakan metode *cross sectional*. Variabel bebas adalah pengetahuan gizi dan tingkat kecukupan protein serta variabel terikat adalah status gizi dengan metode pengukuran menggunakan LILA. Analisis univariat menggambarkan umur, berat badan, jenis kelamin, pendapatan, pekerjaan, akses terhadap pelayanan kesehatan, pengetahuan gizi, tingkat kecukupan protein, dan status gizi. Pengambilan sampel menggunakan *purposive sampling* pada lansia yang berdomisili di Wilayah Kerja Puskesmas Purwokerto Utara II. Pengambilan data pengetahuan gizi seimbang menggunakan kuesioner dan tingkat kecukupan protein menggunakan wawancara *food recall* 2x24 jam. Analisis data menggunakan uji statistik *chi-square*.

Hasil Penelitian : Sebagian besar status gizi baik yaitu sebesar 90,7%, tingkat pengetahuan gizi seimbang baik sebesar 56,5%, dan tingkat kecukupan protein baik sebesar 52,8%. Tidak terdapat hubungan antara pengetahuan gizi seimbang dengan status gizi lansia ($p=0,811$) dan tidak terdapat hubungan antara tingkat kecukupan protein dengan status gizi lansia ($p=0,328$).

Kesimpulan : Tidak terdapat hubungan antara pengetahuan gizi seimbang dan tingkat kecukupan protein dengan status gizi Lansia.

Kata Kunci : Status Gizi, Pengetahuan Gizi Seimbang, Tingkat Kecukupan Protein

ABSTRACT

THE RELATIONSHIP BETWEEN BALANCED NUTRITION KNOWLEDGE AND PROTEIN ADEQUACY LEVEL WITH THE NUTRITIONAL STATUS OF THE ELDERLY IN THE WORKING AREA OF THE NORTH PURWOKERTO HEALTH CENTER II

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Background: Nutritional status will affect the quality of life of the elderly. Changes in nutritional status in the elderly can be caused by direct determinants such as nutritional intake as well as indirect determinants such as knowledge. Good protein intake can increase muscle mass in the elderly so that it can affect the nutritional status of the elderly. This study aims to determine the relationship between balanced nutrition knowledge and the level of protein adequacy with the nutritional status of the elderly in the working area of the North Purwokerto II Health Center.

Methods: The population in this study is elderly people who live in the Working Area of The North Purwokerto Health Center II. The research sample amounted to 108 respondents. This study uses the cross sectional method. The independent variable is nutritional knowledge and protein adequacy level and the dependent variable is nutritional status with the measurement method using LILA. The univariate analysis described age, weight, gender, income, occupation, access to health services, nutritional knowledge, protein adequacy, and nutritional status. Sampling was done using purposive sampling on the elderly who live in the Working Area of the North Purwokerto Health Center II. Data collection of balanced nutrition knowledge using questionnaires and protein adequacy levels using 2x24-hour food recall interviews. Data analysis used chi-square statistical tests.

Results: Most of the nutritional status was good, which was 90.7%, the level of well-balanced nutrition knowledge was 56.5%, and the level of protein adequacy was good at 52.8%. There was no association between balanced nutrition knowledge and the nutritional status of the elderly ($p=0.811$) and there was no association between protein adequacy and nutritional status of the elderly ($p=0.328$).

Conclusion: There is no relationship between balanced nutrition knowledge and protein adequacy level with the nutritional status of the elderly.

Keywords: Nutritional Status, Balanced Nutritional Knowledge, Protein Adequacy Level