

ABSTRAK

HUBUNGAN VARIASI MENU DAN PENAMPILAN MAKANAN DENGAN SISA MAKANAN PASIEN DIET RENDAH GARAM DI RSUD dr.R GOETENG TAROENADIBRATA PURBALINGGA

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Latar Belakang : Pelayanan gizi rumah sakit mencakup penyelenggaraan makanan dengan sisa makanan sebagai salah satu indikator keberhasilannya. Sisa makanan mencerminkan kepuasan pasien terhadap makanan yang dipengaruhi oleh persepsi terhadap variasi menu dan penampilan makanan. Penelitian di beberapa rumah sakit di Indonesia menunjukkan bahwa terdapat sisa makanan yang tergolong tinggi terutama pada pasien diet rendah garam. Sisa makanan rumah sakit di RSUD dr. R. Goeteng Taroenadibrata Purbalingga menjadi masalah penting dalam manajemen penyelenggaraan makanan rumah sakit terutama bagi pasien diet rendah garam. Penelitian ini bertujuan mengetahui hubungan variasi menu dan penampilan makanan dengan sisa makanan pada pasien diet rendah garam.

Metodologi : Penelitian menggunakan desain *cross sectional* di RSUD dr. R. Goeteng Taroenadibrata Purbalingga pada April-Mei 2025. Sampel penelitian sebanyak 68 responden yang diambil dengan metode *purposive sampling*. Data diperoleh dari wawancara kuesioner variasi menu dan penampilan makanan serta pengamatan sisa makanan menggunakan metode *Visual Comstock*. Analisis statistik menggunakan uji *Pearson Chi Square*.

Hasil Penelitian : Sebagian besar responden menilai variasi menu diet rendah garam di RSUD dr. Goeteng Taroenadibrata Purbalingga bervariasi dan penampilan makanan menarik. Mayoritas sisa makanan pokok, lauk hewani, dan lauk nabati sebanyak <20% (sisa sedikit) dan sisa sayur sebanyak >20% (sisa banyak). Tidak terdapat hubungan antara variasi menu olahan makanan pokok ($p=0,338$), lauk hewani ($p=0,784$), lauk nabati ($p=0,746$), sayur ($p=0,435$) dengan sisa makanan. Tidak terdapat hubungan antara variasi menu bahan makanan pokok ($p=0,125$), lauk hewani ($p=0,345$), lauk nabati ($p=0,540$), sayur ($p=0,590$) dengan sisa makanan. Tidak terdapat hubungan penampilan makanan terhadap bentuk makanan pokok ($p=0,469$), lauk hewani ($p=0,333$), lauk nabati ($p=0,126$), sayur ($p=0,619$) dengan sisa makanan.

Kesimpulan : Tidak terdapat hubungan variasi menu dan penampilan makanan dengan sisa makanan.

Kata Kunci : diet rendah garam, variasi menu, penampilan makanan, sisa makanan

ABSTRACT

THE RELATIONSHIP BETWEEN MENU VARIETY AND FOOD PRESENTATION WITH LEFTOVER FOOD IN PATIENTS ON A LOW-SALT DIET AT RSUD dr. R. GOETENG TAROENADIBRATA PURBALINGGA

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Background : Hospital nutrition services include food provision, with plate waste serving as one of the indicators of service effectiveness. Plate waste reflects patient satisfaction with the meals, which is influenced by their perception of menu variety and food appearance. Studies conducted in several hospitals in Indonesia have shown a relatively high level of food waste, particularly among patients on a low-sodium diet. At Dr. R. Goeteng Taroenadibrata Regional General Hospital in Purbalingga, food waste especially from patients on low-sodium diets has become a significant issue in hospital food service management. This study aims to examine the relationship between menu variety and food appearance with food waste among patients on a low-sodium diet.

Methodology : This study employed a cross-sectional design and was conducted at RSUD dr. R. Goeteng Taroenadibrata Purbalingga in April-May 2025. A total of 68 respondents were selected using purposive sampling. Data were collected through a questionnaire on menu variety and food presentation, and food waste was observed using the Visual Comstock method. Statistical analysis was performed using the Pearson Chi-Square test.

Result : The majority of respondents rated the menu variety on low-salt diet at RSUD dr. R. Goeteng Taroenadibrata Purbalingga as varied and the food presentation as attractive. Most of the leftovers for staple foods, animal protein dishes, and plant-based dishes were less than 20% (below the standard), while vegetable leftovers exceeded 20% (above the standard). No significant relationship was found between the menu variety of staple food preparations ($p=0,338$), animal-based dishes ($p=0,784$), plant-based dishes ($p=0,746$), and vegetables ($p=0,435$) with food waste. Similarly, there was no relationship between menu variety in ingredients of staple foods ($p=0,125$), animal-based dishes ($p=0,345$), plant-based dishes ($p=0,540$), and vegetables ($p=0,590$) with food waste. There was also no significant relationship between food presentation in terms of appearance of staple foods ($p=0,469$), animal-based dishes ($p=0,333$), plant-based dishes ($p=0,126$), and vegetables ($p=0,619$) with food waste.

Conclusion : There is no significant relationship between menu variety and food presentation with food waste.

Kata Kunci : low-salt diet, menu variety, food presentation, food waste

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