

**HUBUNGAN ASUPAN ZAT GIZI MAKRO
DENGAN STATUS GIZI LANSIA
DI PANTI SOSIAL LANJUT USIA HIMO-HIMO
KOTA TERNATE**

Alken Ros Oceana Lekatompessy, di bawah bimbingan
Jasmawati dan Dewi Darmayanti
Program Studi Pendidikan Dokter
Fakultas Kedokteran Universitas Khairun 2020

ABSTRAK

Latar Belakang: Gizi merupakan faktor penting dalam menentukan status kesehatan karena dapat menggambarkan keseimbangan antara kebutuhan tubuh dan asupan gizi. Pengasuhan gizi mungkin memiliki pengaruh yang positif bagi lansia yang menderita malnutrisi dan status gizi buruk. **Tujuan:** Mempertahankan status gizi yang baik pada lansia di Panti Sosial Lanjut Usia Himo-Himo Kota Ternate. **Metode:** Jenis penelitian ini adalah observasional analitik dengan menggunakan desain *cross-sectional*. Sampel adalah lansia di Panti Sosial Lanjut Usia Himo-Himo Kota Ternate dengan jumlah 30 sampel. **Hasil:** Sebagian besar sampel memiliki asupan energi, karbohidrat, protein dan lemak yang kurang berturut-turut sebesar 23 sampel (76,67%); 21 sampel (70%); 16 sampel (53,34%); dan 14 sampel (46,67%). Dari uji *Kolmogorov-Smirnov* tidak didapatkan hubungan antara asupan energi, karbohidrat, protein dan lemak dengan IMT dengan nilai *p-value* berturut-turut sebesar 0,328; 0,867; 0,423; dan 0,883. Tidak ditemukan juga hubungan antara asupan energi, karbohidrat, protein dan lemak dengan MNA dengan nilai *p-value* berturut-turut sebesar 0,679; 0,867; 0,459; dan 0,851. **Kesimpulan:** Tidak terdapat hubungan antara asupan zat gizi makro dengan status gizi lansia di Panti Sosial Lanjut Usia Himo-Himo Kota Ternate.

Kata kunci : Asupan zat gizi makro, Kota Ternate, Panti Sosial Lansia Himo-Himo, Status gizi lansia

***Relationship Between Macronutrient Intake
and Nutritional Status of The Elderly People
in The Himo-Himo Nursing Home
Ternate City***

*Alken Ros Oceana Lekatompessy, under supervision of
Jasmawati and Dewi Darmayanti
Department of Medical Education
Faculty of Medicine, Khairun University 2020*

ABSTRACT

Background: Nutrition is an important factor in determining health status because it can illustrate the balance between body needs and nutrient intake. Nutritional care may have a positive effect on elderly people who suffer from malnutrition and poor nutritional status. **Objective:** To maintain good nutritional status of the elderly in the Himo-Himo Nursing Home, Ternate City. **Methods:** This research is an analytic observational research with a cross-sectional design that included 30 elderly people as the research samples. **Results:** Most of the samples had insufficient energy, carbohydrate, protein and fat intake, respectively 23 samples (76.67%); 21 samples (70%); 16 samples (53.34%); and 14 samples (46.67%). From the Kolmogorov-Smirnov test, there was no relationship between energy, carbohydrate, protein and fat intake, and BMI with the p-value respectively 0.328; 0.867; 0.423; and 0.883. In addition, It was not found in the research the relationship between energy, carbohydrate, protein and fat intake, and MNA with the p-value respectively 0.679; 0.867; 0.459; and 0.851. **Conclusion:** There is no relationship between macronutrient intake and the nutritional status of the elderly in the Himo-Himo Nursing Home, Ternate City.

Keywords: *Macronutrient intake, Himo-Himo Nursing Home, Ternate City, Nutritional status of the elderly*