

HUBUNGAN FAKTOR INTERNAL DAN EKSTERNAL PASIEN DENGAN SISA MAKANAN (STUDI PADA PASIEN RAWAT INAP NON DIET BRSUD BANJARNEGARA)

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(2005 - Skripsi)

Perbedaan hidangan merupakan salah satu evaluasi mutu pelayanan gizi dan sisa makanan pasien dapat dijadikan sebagai indikator keberhasilan pelayanan gizi Rumah Sakit. Hasil evaluasi pendahuluan diperoleh sisa makanan pasien di BRSUD Banjarnegara pada tahun 2003 sebesar 52%, dimungkinkan faktor penyebab terjadinya sisa makanan pasien berasal dari faktor menu, lingkungan dan pasien itu sendiri. Tujuan penelitian ini adalah untuk mengetahui faktor-faktor yang berhubungan dengan sisa makanan pada pasien non-diet di ruang rawat inap BRSUD Banjarnegara. Penelitian ini merupakan penelitian observasional analitik dengan desain penelitian *cross sectional*.

Penelitian dilakukan di BRSUD Banjarnegara dengan jumlah sampel 58 orang yang dipilih secara *purposive* yang meliputi 8 orang di ruang Paviliun, 8 orang di ruang VIP, 7 orang di kelas I, 10 orang di kelas II dan 25 orang dirawat di kelas III.

Untuk mengetahui hubungan antar variabel digunakan uji statistik korelasi Spearman dan korelasi Pearson's sesuai dengan normalitas data dari tiap - tiap variabel.

Hasil penelitian menunjukkan bahwa sistem penyelenggaraan makanan di Instalasi Gizi BRSUD Banjarnegara belum memenuhi standar Pelayanan Gizi Rumah Sakit, karena belum dibentuk Tim Asuhan Gizi maupun panitia perencanaan menu dan pelayanan gizi paripurna belum dilaksanakan. Hasil analisis statistik menunjukkan adanya hubungan yang bermakna antara nafsu makan dengan sisa makanan ($p=0,001$); besar porsi dengan sisa makanan ($p=0,011$) penampilan makan dengan sisa makan ($p=0,001$), rasa masakan dengan sisa makanan ($p=0,001$), variasi menu dengan sisa makan ($p=0,002$); dan waktu penyajian makan dengan sisa makan ($p=0,02$). Upaya peningkatan kebersihan pelayanan gizi dan penurunan sisa makanan dapat dilakukan dengan peningkatan manajemen, peningkatan ketrampilan petugas pengolah, penerapan standar resep bumbu, serta penerapan jadual distribusi yang tepat. selain itu juga perlu adanya motivasi kepada pasien guna menunjang usaha penurunan sisa makanan.

Kata Kunci: Faktor internal, Faktor Eksternal, Sisa Makanan, Rumah Sakit.

ASSOCIATION BETWEEN OF INTERNAL AND EKSTERNAL FACTOR OF
PATIENT AND THE LEVEL OF FOOD REMAINING (STUDY ON NON
DIETERY OUT PATIENTS IN BANJARNEGARA DISTRICT GENERAL
HOAPITAL)

The evaluation of serving is one of evaluation of nutrient service quality and the level of food remaining is pasien that could be made as indicator of nutrition service success of hospital. Prevece survey result is gotten that of food remaining is pasien at BRSUD of Banjarnegara in 2003 is in amount of 52%, it is enabled that the couse factor of food remaining is pasien is from factor of menu,environment and pasien him self, The purpose of this research is to know of factors association with of food remaining at non dientry out patients in BRSUD of Banjarnegara. This research is analytic Observational Research Disigned by Cross Sectional Research. The research took place at BRSUD of Banjarnegara by number of sample of 58 respondent chosen purposively and covered 8 respondent in Pavilliun room, 8 respondent in VIP room, 7 respondent in frist class room, 10 respondent in the secondclass room and 25 respondent in the third class room. To know the association between used variable for statistic sperman's correlation test, based on normal data from each variable. The research result show us that food implementation system in nutrient installation of BRSUD banjarnegara did not full fill the hospital nutrient service standart yet, coused there were not the nutrient leadership team or menu planning committe and the nutrient service plenary did not do yet. The scoring result shows the performance, taste and the menu variaton are inough category. The food remaining is respondent is average 23,6%, from firts portuion. The satistics analysis result show us that there is significant relationship between appetite with the food remaining ($p=0,001$),a large portion with the food remaining ($p=0,011$); the food performance with the food remaining ($p=0,001$);food taste with the food remaining ($p=0,001$);variation of menu with the food remaining ($p=0,002$); serving time with the food remaining ($p=0,02$). The effort to increase the nutrient service success and the decrease the remaining can be done by improving management, increasing cook staff skill, application of spices and recipe standar, application od accurate distribution schedule. Besides that the motivation to pasien is also needed to support the effort of decreasing the food remaining.

Keyword: Internal factor, Eksternal factor, the food remaining, Hospital