RELATIONSHIP OF PATIENT CHARACTERISTICS AND FOOD FLAVOR AGAINST THE REST OF FOOD FOR PATIENTS IN BRAWIJAYA HOSPITAL LEVEL III SURABAYA IN 2019

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ABSTRACT

Indicators of success in the implementation of nutritional service quality is the amount of leftovers. The factors that influences the occurrence of leftovers are hospital food characteristics and flavors. The purpose of this study was to determine the relationship between characteristics and flavor of hospital food with leftovers to inpatients of Brawijaya Hospital Level III Surabaya. The research design was cross sectional. The sample were 80 inpatients received food and fulfilled the inclusion and exclusion criteria. Data on hospital food characteristics and flavor were obtained through a questionnaire and leftovers was obtained through the comstock form.

The number of respondents that did not finish their food was 43 out of 80 respondents. Bivariate analysis for the relation of inpatient age and leftovers in hospital was $\rho = 0.013$, the relation of gender and leftovers in hospital was $\rho = 0.032$, the relation of the inpatient education and leftovers in hospital was $\rho = 0.145$, the relation of length of treatment and leftovers in the hospital was $\rho = 0.043$, the relation of the food taste and the leftovers in the hospital was $\rho = 0.001$. The conclusion is there was no relation between the inpatient education level and food waste in the hospital, there was a relation of the inpatient age, sex, length of treatment and taste of food with leftovers in the hospital.

The inpatients who left much leftovers were female who have age ranges between 31 -40 years old, elementary school graduated and were being treated for 4 - 7 days. The cause of leftovers in hospital food mostly was the bad taste of the food. Hence, there is need some variations of the hospital food so that it can stimulate the inpatients appetite.

Keywords : *Characteristics, Flavors, Food Remains*

HUBUNGAN KARAKTERISTIK PASIEN DAN CITARASA MAKANAN TERHADAP SISA MAKANAN PASIEN RAWAT INAP DI RUMAH SAKIT TINGKAT III BRAWIJAYA SURABAYA TAHUN 2019

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ABSTRAK

Indikator keberhasilan pada pelaksanaan mutu pelayanan gizi yaitu sisa makanan. Faktor yang dapat mempengaruhi terjadinya sisa makanan ialah karakteristik dan citarasa makanan. Tujuan penelitian untuk mengetahui hubungan karakteristik dan citarasa makanan rumah sakit dengan sisa makanan pada pasien di Rumah Sakit Tingkat III Brawijaya Surabaya. Rancangan penelitian cross sectional. Jumlah sampel 80 pasien rawat inap yang mendapatkan makanan. Data karakteristik dan citarasa makanan rumah sakit diperoleh melalui kuesioner, dan sisa makanan diperoleh melalui form comstock.

Hasil bivariat menunjukkan bahwa nilai ρ value umur dengan sisa makanan di rumah sakit adalah $\rho =0.013$, jenis kelamin dengan sisa makanan di rumah sakit adalah $\rho =0.032$, pendidikan dengan sisa makanan di rumah sakit adalah $\rho =0.145$, lama perawatan dengan sisa makanan di rumah sakit adalah $\rho =0.043$, cita rasa makanan dengan sisa makanan di rumah sakit adalah $\rho =0.001$. Tidak ada hubungan antara pendidikan dengan sisa makanan di rumah sakit, Ada hubungan antara umur, jenis kelamin, lama perawatan dan citarasa makanan dengan sisa makanan.

Pasien rawat inap berumur 31 - 40 tahun, jenis kelamin perempuan, pendidikan SD, dan lama perawatan 4 – 7 hari yang menyisahkan makanan paling banyak. Dan citarasa makanan tidak enak. Sehingga menimbulkan banyak sisa makanan. Maka perlu adanya keanekaragaman pada menu makanan agar penampilan makanan lebih menarik.

Kata Kunci : Karakteristik, Citarasa, Sisa Makanan