

# Hubungan antara riwayat penyakit, asupan protein dan faktor-faktor lain yang berhubungan dengan status gizi peserta Posyandu lansia di Kecamatan Grogol Petamburan Jakarta Barat tahun 2011 = The association between historical of disease, protein intake and other factors related to the nutritional status of the elderly Posyandu participants at the Grogol Petamburan Subdistrict, West Jakarta, year 2011

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## Abstrak

Skripsi ini membahas riwayat penyakit, asupan protein dan faktor-faktor yang berhubungan dengan status gizi pada peserta posyandu lansia. Penelitian ini bersifat kuantitatif dengan desain cross sectional dan jumlah sampel 112 orang. Sampel diambil dengan kriteria umur 45-79 tahun yang menetap di Kecamatan Grogol Petamburan Jakarta Barat. Data Karakteristik (umur, jenis kelamin, pendidikan, pekerjaan), pengetahuan, sikap, dan perilaku gizi seimbang, riwayat penyakit, pola konsumsi (asupan energi, protein, lemak) didapatkan melalui wawancara dengan kuesioner. Sedangkan data status gizi dengan indeks massa tubuh diperoleh dengan pengukuran antropometri. Analisa hubungan antara variabel independen dengan variabel dependen menggunakan uji chi square.

Hasil penelitian menunjukkan proporsi responden yang mengalami gizi lebih sebesar 50% dan gizi kurang sebesar 6.3%. Dari hasil analisa bivariat diketahui adanya hubungan bermakna antara riwayat penyakit dan asupan protein dengan status gizi peserta posyandu lansia ( $p < 0.05$ ). Sementara data karakteristik (umur, jenis kelamin, pendidikan, pekerjaan), pengetahuan, sikap, dan perilaku gizi seimbang, pola konsumsi (asupan energi, dan lemak) tidak menunjukkan adanya hubungan yang bermakna dengan status gizi ( $p > 0.05$ ). dari hasil penelitian dapat disimpulkan bahwa peserta posyandu lansia di Kecamatan Grogol Petamburan mengalami masalah gizi ganda. Untuk itu perlu diadakan penyuluhan gizi seimbang secara berkala dan pemantauan status gizi guna mempertahankan IMT normal.

.....The aim of this study was to discuss the historical of disease, protein intake, and other factors related to the nutritional status of the elderly posyandu participants. The cross sectional study towards 112 samples aged 45 to 79 years of age undertaken at Grogol Subdistrict, West Jakarta. Data characteristics (age, sex, education, and working status); the knowledge, attitudes, and behaviors of balanced nutrition; historical of disease; and the pattern of energy, protein, fat intake) were collected through interviews with the questionnaire. Data of the nutritional status with Body Mass Index (BMI) indicator was collected by anthropometric measurements. The analysis of association between independent variables with dependent variable used Chi Square Test.

The results showed the proportion of respondents with over nutrition was 50% and under nutrition was 6.3%. There were a significant association between the historical of disease and protein intake with the nutritional status of the elderly posyandu participants ( $p < 0.05$ ). While the data characteristics (age, sex, education, working status), knowledge, attitudes, behaviors of balanced nutrition, and the pattern of energy, and fat intake showed no significant association with nutritional status ( $p > 0.05$ ). It can be concluded that the historical of disease and protein intake correlated with the nutritional status of the elderly posyandu

participants. Therefore, the regular balanced nutrition counseling and the monitoring of nutritional status should be taken for all participants at the elderly posyandu to maintain a normal BMI.