

HUBUNGAN INTERAKSI SOSIAL DENGAN STATUS GIZI LANSIA DI BALAI PELAYANAN TRESNA WERDHA BUDI LUHUR YOGYAKARTA

INTISARI

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Latar Belakang : Interaksi sosial memiliki peranan yang amat penting pada kehidupan lansia. Hal ini dikarenakan pada lanjut usia banyak mengalami penurunan kemampuan tubuh dan panca indra. Keadaan lansia dengan permasalahan tersebut tentunya akan berdampak pada keadaan kejiwaan lansia yang dapat berakibat pada gangguan asupan makan yaitu ketidakinginan untuk makan sehingga asupan energi yang dibutuhkan lansia tidak mencukupi sehingga mempengaruhi status gizinya.

Tujuan Penelitian : Tujuan penelitian ini untuk mengetahui adanya hubungan interaksi sosial dengan status gizi pada lansia di Balai Pelayanan Sosial Tresna Werdha Budi Luhur Yogyakarta .

Metode Penelitian : Penelitian ini merupakan penelitian *cross sectional analytic* dengan sampel lansia sebanyak 47 responden yang diambil secara *purposive sampling*. Data dikumpulkan di BPSTW Budi Luhur Yogyakarta pada bulan Mei-Juli 2017. Variabel bebas dalam penelitian ini adalah interaksi sosial, variabel antara adalah asupan makan, dan variabel terikat adalah status gizi. Data bivariat di analisis menggunakan uji *chi square*.

Hasil Penelitian: Distribusi frekuensi status gizi tidak normal (*underweight*) pada lansia sebesar 74%. Berdasarkan analisis bivariat ada hubungan interaksi sosial dengan asupan makan (OR=1,28, $p=0,008$), dan ada hubungan asupan makan dengan status gizi (OR=0,186, $p=0,000$) dengan R *Square* sebesar 61,6%.

Kesimpulan : Ada hubungan interaksi sosial dengan status gizi pada lansia di Balai Pelayanan Sosial Tresna Werdha Budi Luhur Yogyakarta.

Kata Kunci: Interaksi Sosial, Asupan Makan, Status Gizi

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**THE RELATIONSHIP BETWEEN SOCIAL INTERACTIONS AND
NUTRITIONAL STATUS OF ELDERLY IN BALAI TRESNA WERDHA
MINISTRY BUDI LUHUR YOGYAKARTA**

ABSTRACT

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Background of Study: Social interaction has very important role in the lives of the elderly because elderly decreased some body abilities and the senses. The Condition of the elderly with that problem will certainly have an impact on the psychological of the elderly which can impact in disorders of eating i.e. Unwillingness to eat so that the intake of energy which is required for elderly is insufficient and affect the status of its nutrition value.

Research objectives: The purpose of this research is to know the existence of the relationship of social interactions with nutritional status on the elderly in the House of social services Tresna Werdha Budi Luhur of Yogyakarta.

Research methods: This research was a cross sectional analytic study with a sample of the elderly as much as 47 respondents taken in purposive sampling. Data collected in BPSTW Budi Luhur Yogyakarta in May-July 2017. Open variables in this study was the social interaction, the variable between the intake was packed, bound variable funds was the nutritional status. Data analysis with test in the bivariat *chi square* .

Result of Study: Frequency distribution of nutritional status is not normal (*underweight*) on the elderly amounted to 74%. Based on bivariat analysis, there is a relationship between social interaction with the intake of a meal (OR = 1.28, p = 0.008) with *R Square* 61.6%.

Conclusion: There are relationship between social interaction and nutritional status on the elderly in the ouse social services Tresna Werdha Budi Luhur Yogyakarta.

Keywords: Social Interaction, Food Intake, Nutritional status

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