

DESCRIPTION OF ORDINARY LEFTOVERS IN CLASS II AND III INPATIENTS AT RSUD dr. TJITROWARDOJO PURWOREJO

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ABSTRACT

Background : Leftover food is the amount of food that is not eaten by the patient from what is served by the hospital according to the type of food. Leftover food can be used as an indicator of the success of nutrition services in every hospital in Indonesia. The taste of food also affects the appearance of leftovers served.

Objective : To find out the description of ordinary food waste and the taste of food in class II and III hospitalized patients at RSUD dr. Tjitrowardojo Purworejo.

Method : This type of research is observational. The research design used cross-sectional. The results of the leftovers were obtained using the Visual Comstock method and the taste of the food served was obtained from filling out the questionnaire.

Results : The average leftovers obtained during the 11 days of the study were 22% on the comstock form and 21.06% on the modified comstock form. The type of food that left the most leftovers was staple food with a percentage of 31.4% on the comstock form and 31.1% on the modified comstock form. From the taste of the patient's food, it was found that the color of the food was attractive 89.4%, the portion size was appropriate 85.9%, the presentation of the food was attractive 93%, the texture of the food was suitable 86.1%, the taste of the food was delicious 86.1%, the aroma of the food was delicious 87.9%, and the food temperature corresponds to 88.9%.

Conclusion : The rest of the patient's usual food in RSUD dr. Tjitrowardojo by 22% on the comstock form and 21.06% on the modified comstock form with the most types of food that left food residue, namely staple food with a percentage of 31.4% on the comstock form and 31.1% on the modified comstock form. The description of the taste of food is obtained with the most colors and attractive presentation, large portions, appropriate texture and temperature, good food taste and appropriate temperature.

Keywords: Leftovers, Ordinary food, Food taste

GAMBARAN SISA MAKANAN BIASA PADA PASIEN RAWAT INAP KELAS II DAN III DI RSUD dr. TJITROWARDOJO PURWOREJO

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ABSTRAK

Latar Belakang : Sisa makanan adalah jumlah makanan yang tidak dimakan oleh pasien dari yang disajikan rumah sakit menurut jenis makanannya. Sisa makanan dapat digunakan sebagai indikator keberhasilan pelayanan gizi di setiap rumah sakit di Indonesia. Cita rasa makanan turut mempengaruhi timbulnya sisa makanan yang disajikan.

Tujuan : Untuk mengetahui gambaran sisa makanan biasa dan cita rasa makanan pada pasien rawat inap kelas II dan III di RSUD Dr. Tjitrowardojo Purworejo.

Metode : Jenis penelitian ini adalah observasional. Desain penelitian menggunakan crosssectional. Hasil sisa makanan didapatkan dengan metode Visual Comstock dan cita rasa makanan yang disajikan didapatkan dari pengisian kuesioner.

Hasil Penelitian : Rata-rata sisa makanan biasa yang diperoleh selama 11 hari penelitian yaitu 22% pada formulir comstock dan 21,06% pada formulir comstock modifikasi. Jenis makanan paling banyak yang meninggalkan sisa makanan yaitu makanan pokok dengan persentase 31,4% pada formulir comstock dan 31,1% pada formulir comstock modifikasi. Dari cita rasa makanan pada pasien, didapatkan hasil warna makanan menarik 89,4%, besar porsi sesuai 85,9%, penyajian makanan menarik 93%, tekstur makanan sesuai 86,1%, rasa makanan enak 86,1%, aroma makanan sedap 87,9%, dan suhu makanan sesuai 88,9%.

Kesimpulan : Sisa makanan biasa pasien di RSUD dr. Tjitrowardojo sebesar 22% pada formulir comstock dan 21,06% pada formulir comstock modifikasi dengan jenis makanan paling banyak yang meninggalkan sisa makanan yaitu makanan pokok dengan persentase 31,4% pada formulir comstock dan 31,1% pada formulir comstock modifikasi. Gambaran citarasa makanan didapatkan hasil paling banyak warna dan penyajian menarik, besar porsi, tekstur dan suhu sesuai, rasa makanan enak dan suhu sesuai.

Kata kunci : Sisa makanan, Makanan biasa, Cita rasa makanan