

KAJIAN SISA MAKANAN DAN CITA RASA MAKANAN PASIEN RAWAT INAP DI RSUD. PROF. DR. MARGONO SOEKARDJO

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ABSTRAK

Latar Belakang : Sisa makanan adalah makanan yang tidak dihabiskan oleh pasien. Sisa makanan dapat digunakan sebagai indikator keberhasilan mutu pelayanan gizi dan mengevaluasi standar makanan rumah sakit. Cita rasa makanan agar menghasilkan makanan yang memuaskan bagi pasien memiliki dua aspek utama, yaitu penampilan makanan dan rasa makanan. Untuk mengetahui sisa makanan dan cita rasa makanan pada pasien perlu dilakukan penelitian.

Tujuan : Mengetahui sisa makanan dan cita rasa makanan yang disajikan pada pasien rawat inap di RSUD.Prof.Dr.Margono Soekarjo.

Metode: Jenis penelitian ini adalah observasional. Teknik pengambilan sampel menggunakan accidental sampling. Hasil sisa makanan didapatkan dengan metode Visual Comstock dan cita rasa makanan didapatkan dari hasil pengisian kuisioner.

Hasil Penelitian : Rata rata sisa makanan bentuk biasa pada pasien selama penelitian, terdapat sisa makanan terbanyak diwaktu makan siang dengan rata-rata 25,5%. Sedangkan untuk rata rata sisa makanan pasien yaitu 24,2%. Dari kajian cita rasa makanan pada pasien, didapatkan hasil terbanyak warna makanan menarik, tekstur makanan sesuai, penyajian makanan menarik, rasa makanan enak, aroma makanan sesuai dan suhu makanan sesuai.

Kesimpulan : Sisa makanan pasien di RSUD.Prof.Dr.Margono Soekarjo pada makanan bentuk biasa rata-rata 24,2%. Dari kajian cita rasa makanan pada pasien, didapatkan hasil terbanyak warna makanan menarik 89,7%, tekstur makanan sesuai 91,4%, penyajian makanan menarik 96,2%, rasa makanan enak, aroma makanan sesuai 93,3% dan suhu makanan sesuai 99%.

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

**REVIEW LEFTOVERS AND FOOD TASTE ASSESSMENT INPATIENTS.
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ABSTRACT

Background: Leftovers are foods that are not spent by patients. The remaining food can be used as an indicator of the efficacy of the quality of nutrition services and evaluating hospital food standards. The taste of food to produce satisfying food for patients has two main aspects, namely the appearance of food and the taste of food. To find out the rest of the food and the taste of food in patients, research needs to be done.

Objective: To find out the food leftovers and food tastes presented to inpatients in RSUD.Prof.Dr.Margono Soekarjo.

Method: This type of research is observational. The sampling technique uses accidental sampling. The leftovers were obtained by the Visual Comstock method and the food taste was obtained from the results of filling in the questionnaire.

Results: The average normal food residue in patients during the study, there was the most leftover food at lunchtime with an average of 25.5%. While for the average remaining food of patients is 24.2%. From studying the taste of the food to the patient, I obtained the most interesting food colors, the texture of the food accordingly, the presentation of interesting food, the taste of good food, the fragrance of food according to the temperature of the food accordingly.

Conclusion: The remaining food of patients in RSUD.Prof.Dr.Margono Soekarjo on ordinary food forms averaged 24.2%. From the study of taste for patients, the highest yields of food color were 89.7%, food texture was 91.4%, presentation of the food was 96.2%, the taste of food was good, food fragrance was 93.3% and food temperature was appropriate 99%.

Keywords: Food leftovers, Food taste, food shape ordinary.