

## **STUDY FOOD ACCEPTABILITY AND TASTE OF MENU DIET TASTE FOR PATIENTS INABILITY OF DIABETES MELITUS IN CLASS III BANGSAL CLASS III HOSPITAL PKU MUHAMMADIYAH GAMPING**

Afifah Bektiningrum<sup>1</sup>, Tjarono sari<sup>2</sup>, Elza Ismail<sup>3</sup>  
<sup>1,2,3</sup>Nutrition Department of Yogyakarta Health Polytechnic,  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
email: [abektiningrum@gmail.com](mailto:abektiningrum@gmail.com)

### **Abstract**

**Background:** Food service in the inpatient room is an important part of patient care, this food service affects the patient's food reception. Efforts can be made on patients to have good acceptability, one of which is to provide food that has a taste according to the patient's tastes so that the patient's appetite is increased and the food served is finished by the patient so that it does not cause leftovers.

**Objective:** This study aims to determine the acceptability and taste of diet menu for inpatients with diabetes mellitus in class III ward PKU Muhammadiyah Gamping Hospital.

**Research methods:** This type of research is observational with cross-sectional approach. Samples were patients with diabetes mellitus diet menu in class III ward PKU Muhammadiyah Gamping Hospital. Sampling uses accidental sampling technique with inclusion criteria.

**Results:** Receiving power in 18 respondents in PKU Muhammadiyah Hospital ranged from 38.7 to 100% with an average of 81.9% including the good acceptance category, . All respondents rated food aroma as appropriate (100%). There are 94.1% of respondents rated the color of food as attractive, the temperature according to 100% of respondents, the form of food appealing 97% of respondents, and the level of food maturity according to 97% of respondents.

**Conclusion:** The patient's acceptance of the diabetes mellitus diet is in the good category. Patient's assessment of the taste of the diet menu in the form of aroma, temperature, and level of maturity is included in the appropriate category as well as an assessment of the color and shape of the food included in the attractive category.

**Keywords:** food acceptability, the taste of the diabetes mellitus diet menu

## **KAJIAN DAYA TERIMA MAKANAN DAN CITA RASA MENU DIET UNTUK PASIEN RAWAT INAP DIABETES MELITUS DI BANGSAL KELAS III RUMAH SAKIT PKU MUHAMMADIYAH GAMPING**

Afifah Bektiningrum<sup>1</sup>, Tjarono sari<sup>2</sup>, Elza Ismail<sup>3</sup>  
<sup>1,2,3</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta,  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
email : [abektiningrum@gmail.com](mailto:abektiningrum@gmail.com)

### **Abstrak**

Latar belakang: Pelayanan makanan di ruang rawat inap merupakan salah satu bagian penting dari perawatan pasien, pelayanan makanan ini mempengaruhi daya terima makanan pasien. Usaha yang dapat dilakukan pada pasien agar memiliki daya terima baik salah satunya disediakan makanan yang memiliki citarasa sesuai dengan selera pasien agar selera makan pasien meningkat dan makanan disajikan dihabiskan oleh pasien sehingga tidak menimbulkan sisa makanan.

Tujuan: Penelitian ini bertujuan untuk mengetahui daya terima dan cita rasa menu diet untuk pasien rawat inap diabetes melitus di bangsal kelas III RS PKU Muhammadiyah Gamping.

Metode penelitian: Jenis penelitian yaitu observasional dengan pendekatan crosssectional. Sampel adalah pasien dengan menu diet diabetes melitus di bangsal kelas III RS PKU Muhammadiyah Gamping. Pengambilan sampel menggunakan teknik *accidental sampling* dengan kriteria inklusi.

Hasil : Daya terima pada 18 responden di RS PKU Muhammadiyah berkisar antara 38,7 sampai 100% dengan rata-rata 81.9% termasuk kategori daya terima baik. Semua responden menilai aroma makanan sesuai (100%). Ada 94,1% responden menilai warna makanan menarik, suhu sesuai sebesar 100% responden, bentuk makanan menarik 97% responden, dan tingkat kematangan makanan sesuai sebesar 97% responden.

Kesimpulan : Daya terima pasien terhadap menu diet diabetes melitus termasuk dalam kategori baik. Penilaian pasien terhadap citarasa menu diet berupa aroma, suhu, dan tingkat kematangan termasuk dalam kategori sesuai serta penilaian terhadap warna dan bentuk makanan termasuk dalam kategori menarik.

**Kata kunci:** daya terima makanan, cita rasa menu diet diabetes