

CHARACTERISTICS OF ORDINARY FOOD WASTE OF LODGING PATIENTS THIRD CLASS AT PANEMBAHAN SENOPATI BANTUL HOSPITAL

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ABSTRACT

Background : Food waste is an indicator that can be used to evaluate the success of hospital nutrition service. Food waste is considered a lot if the food waste calculation score shows the result of $\geq 20\%$.

Objective : To determine the characteristics of ordinary food waste of lodging patients third class at Panembahan Senopati Bantul Hospital.

Methods : This descriptive observational study uses a cross sectional research design with a sample count to 24 patients conducted during three observations and measurements. The data was taken using a questionnaire on the appearance of food and food tastes as well as a food weighing form and then translated into percent of lost food waste and food costs.

Result : The overall taste and appearance of the food is said to be quite interesting, the portion and texture of the food is sufficient, the taste and aroma of the food is good. The most food waste based on meal time is the breakfast time of 32,23%, based on the type of menu is a staple food that is 61,27%. Expelled food cost was the most in the third observation of Rp 16.036.

Conclusion : The lack of food waste in respondents is related to external factors. So it is expected to evaluate food waste and modify prescriptions to improve patient satisfaction with food service.

Keywords : The appearance and taste of food, Food Waste, Expelled Food Cost

KARAKTERISTIK SISA MAKANAN BIASA PADA PASIEN RAWAT INAP KELAS III DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Sisa makanan merupakan indikator yang dapat digunakan untuk mengevaluasi keberhasilan pelayanan gizi rumah sakit. Sisa makanan dianggap banyak jika skor perhitungan sisa makanan menunjukkan hasil $\geq 20\%$ (Kemenkes RI, 2013).

Tujuan Penelitian: Mengetahui karakteristik sisa makanan biasa pada pasien rawat inap kelas III di RSUD Panembahan Senopati Bantul.

Metode Penelitian: Penelitian *observasional deskriptif* ini menggunakan desain penelitian *cross sectional* dengan jumlah sampel sebanyak 24 pasien yang dilakukan selama tiga kali pengamatan dan pengukuran. Data diambil menggunakan kuesioner penampilan makanan, kuesioner cita rasa makanan dan formulir *food weighing* lalu diterjemahkan dalam bentuk persen sisa makanan dan *food cost* yang hilang.

Hasil Penelitian: Penampilan dan cita rasa makanan secara keseluruhan dikatakan cukup menarik, porsi dan tekstur makanan sedang, rasa dan aroma makanan enak. Sisa makanan terbanyak berdasarkan waktu makan adalah waktu makan pagi sebanyak 32,23%, berdasarkan jenis menu adalah makanan pokok yaitu 61,27%. Biaya makan yang terbuang paling banyak terdapat pada pengamatan ketiga sebesar Rp16.036.

Kesimpulan Penelitian: Adanya sisa makanan pada responden berkaitan dengan faktor eksternal. Sehingga diharapkan untuk mengevaluasi sisa makanan dan memodifikasi resep untuk meningkatkan kepuasan pasien terhadap pelayanan makanan.

Kata Kunci: Penampilan dan Cita Rasa Makanan, Sisa Makanan, Biaya yang Terbuang