

**REVIEW OF THE TIME OF FOOD SERVING IN FOOD DISTRIBUTION IN  
INPATIENT ROOMS AT NYI AGENG SERANG REGIONAL GENERAL  
HOSPITAL KULON PROGO**

Khoirunnisa Rahmawati<sup>1</sup>, Tjarono Sari<sup>2</sup>, Lastmi Wayansari<sup>3</sup>

Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293

Email : [krahmawati9@gmail.com](mailto:krahmawati9@gmail.com)

**ABSTRACT**

Background : Food distribution is a series of food supply activities in accordance with the number of servings and types of food consumers are served (regular food or special food). Food distribution is not always done on time and sometimes too fast. So it is necessary to do research on the timeliness of serving food in the distribution of food in the inpatient room of Nyi Ageng Serang Regional General Hospital.

Objective : To determine the accuracy of the serving time of food in the inpatient room food distribution at Nyi Ageng Serang Regional General Hospital.

Method : The data collection method was purposive sampling. This type of research is observational. which is done to food waiters who distribute food in the inpatient room of Nyi Ageng Serang Regional General Hospital.

Result : The distribution of patient food in the inpatient room of the Nyi Ageng Serang Hospital was carried out by 6 waiters. The waiter distributed food to 5 wards, namely Yudhistira, Arjuna, Nakula, Sadewa, and Srikandi wards. The waiter used the distribution time of each treatment room with an average of 5-10 minutes from the 30 minutes provided, related to the number of patients in the inpatient room. In several observations, there were waiters who were disciplined and undisciplined in the use of time to start distributing food to patients. The indiscipline of the waiter occurred because the waiter started the distribution of food to the patient 5-20 minutes before the appointed time. This is because the waiter starts the distribution of food after the serving activity is finished without waiting for the time to start the distribution that has been determined in the SOP. The waiter also has a minimum education of high school, has a health certificate, and has also worked for more than 2 years at Nyi Ageng Serang Hospital.

Conclusion : The timeliness of serving food in the Nyi Ageng Serang Hospital ward at breakfast, morning snack lunch, and afternoon snack experienced timely food presentation. All staff

serving food in the inpatient room at the Nyi Ageng Serang Hospital according to the criteria for the staff of the waiter.

**Keywords :** food distribution, times of food serving, food waiters.

# **TINJAUAN KETEPATAN WAKTU PENYAJIAN MAKANAN PADA DISTRIBUSI MAKANAN RUANG RAWAT INAP RSUD NYI AGENG SERANG KULON PROGO**

Khoirunnisa Rahmawati<sup>1</sup>, Tjarono Sari<sup>2</sup>, Lastmi Wayansari<sup>3</sup>  
Jurusan Gizi Poltekkes Kemenkes Yogyakarta  
Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293  
Email : [krahmawati9@gmail.com](mailto:krahmawati9@gmail.com)

## **ABSTRAK**

Latar belakang : Distribusi makanan adalah serangkaian kegiatan penyediaan makanan sesuai dengan jumlah porsi dan jenis makanan konsumen yang dilayani (makanan biasa maupun makanan khusus). Distribusi makanan yang dilakukan tidak selalu tepat waktu dan terkadang terlalu cepat. Maka perlu dilakukan penelitian tentang ketepatan waktu penyajian makanan pada distribusi makanan ruang rawat inap RSUD Nyi Ageng Serang Kulon Progo.

Tujuan : Untuk diketahuinya ketepatan waktu penyajian makanan pada distribusi makanan ruang rawat inap RSUD Nyi Ageng Serang Kulon Progo.

Metode : Metode pengambilan data dengan *purposive sampling*. Jenis penelitian ini adalah observasional. yang dilakukan terhadap pramusaji makanan yang mendistribusikan makanan di ruang rawat inap RSUD Nyi Ageng Serang Kulon Progo selama 7 hari atau 21 kali pengamatan.

Hasil : Distribusi makanan pasien di ruang rawat inap RSUD Nyi Ageng Serang dilakukan oleh 6 pramusaji. Pramusaji tersebut mendistribusikan makanan ke 5 bangsal yaitu bangsal Yudhistira, Arjuna, Nakula, Sadewa, dan Srikandi. Pramusaji menggunakan waktu distribusi tiap ruang perawatan dengan rata-rata 5-10 menit dari 30 menit yang disediakan, berkaitan dengan jumlah pasien di ruang rawat inap tersebut. Dalam beberapa kali pengamatan, terdapat pramusaji yang disiplin dan tidak disiplin dalam penggunaan waktu memulai distribusi makanan ke pasien. Ketidaksiplinan pramusaji terjadi karena pramusaji memulai distribusi makanan ke pasien 5-20 menit sebelum waktu yang ditentukan. Hal ini disebabkan karena pramusaji memulai distribusi makanan setelah kegiatan pemorsian selesai tanpa menunggu waktu memulai distribusi yang telah ditentukan di SOP. Pramusaji tersebut juga memiliki pendidikan minimal SMA, memiliki surat keterangan sehat, dan juga lama bekerja lebih dari 2 tahun di RSUD Nyi Ageng Serang.

Kesimpulan : Ketepatan waktu penyajian makanan di bangsal RSUD Nyi Ageng Serang pada makan pagi, makan siang snack pagi, dan makan sore snack sore mengalami tepat waktu penyajian makanan. Semua ketenagaan penyajian makanan ruang rawat inap RSUD Nyi Ageng Serang sesuai kriteria ketenagaan pramusaji.

**Kata kunci :** distribusi makanan, ketepatan waktu penyajian makanan, pramusaji makanan.