

THE DIFFERENCE IN THE EFFECTIVENESS OF THE E-COMSTOCK APPLICATION WITH THE CONVENTIONAL COMSTOCK

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ABSTRACT

Background : The leftover of patients food is an indicator of the quality in the hospital nutrition services. The hospital generally asses leftover food by using the Comstock method. The assessment of leftover food by using the Comstock method generally uses the paper, then the data obtained is put on the excel for the analysis or it is called the conventional Comstock method. The development of a website-based E-Comstock application can be used as a new instrument for assessing the food waste and it is necessary to know the difference in the time effectiveness that is compared to the conventional Comstock method.

Objective : To find out the difference in the time effectiveness of the E-Comstock application with the conventional Comstock.

Method : This type of research is a quasi-experimental research. This research was conducted at Panembahan Senopati's Hospital for 3 days with samples of leftover food on the plateau of patients who received a diet with 4 types of food (staple food, animal side dishes, vegetable side dishes, and vegetables), the number of samples were 30 plates each meal. The analysis of differences is used by wilxocon test and paired samples test.

Result : The difference in the total time of a day between the use of the conventional Comstock and the E-Comstock application have a P-value of 0.00 (<0.05) where the average \pm standard deviation of the total time of a day using the conventional Comstock is 59.65 ± 9.93 seconds and with the E-Comstock application of 49.02 ± 6.37 seconds, this means that there is a difference in time effectiveness between the total time of a day using the conventional Comstock and the E-Comstock applications where the total time a day using the E-Comstock application is shorter or more effective than the conventional methods.

Conclusion : There is a difference in the effectiveness of the total time in a day for assessing leftover food between the E-comstock application and the conventional Comstock (on paper and entry in the excel) where the time of using the E-comstock application is shorter than the conventional method.

Keywords : Leftover food, The Comstock, The Time Effectiveness, The Application

PERBEDAAN EFEKTIVITAS APLIKASI E-COMSTOCK DENGAN COMSTOCK KONVENSIONAL

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ABSTRAK

Latar Belakang : Sisa makanan pasien merupakan indikator mutu pelayanan gizi rumah sakit. Rumah sakit pada umumnya menilai sisa makanan menggunakan metode *Comstock*. Penilaian sisa makanan metode *Comstock* umumnya menggunakan kertas, lalu data yang diperoleh dimasukkan dalam excel untuk dianalisis atau disebut metode *Comstock* konvensional. Pengembangan aplikasi *E-Comstock* berbasis website dapat dimanfaatkan sebagai instrumen baru penilaian sisa makanan dan perlu diketahui perbedaan efektifitas waktunya dibandingkan metode *Comstock* konvensional.

Tujuan : Untuk mengetahui perbedaan efektifitas waktu aplikasi E-comstock dengan comstock konvensional

Metode Penelitian : Jenis penelitian ini adalah penelitian eksperimen semu. Penelitian ini dilakukan di RS Panembahan Senopati Selama 3 hari dengan sampel sisa makanan pada plato pasien yang mendapatkan diet dengan 4 jenis makanan (makanan pokok, lauk hewani, lauk nabati, dan sayur), jumlah sampel yaitu 30 plato setiap waktu makan. Analisis perbedaan dengan uji *wilcoxon* dan *paired samples test*.

Hasil : Perbedaan waktu total sehari antara penggunaan comstock konvensional dengan aplikasi *E-Comstock* memiliki P-value 0,00 (<0,05) dimana rata-rata±standar deviasi waktu total sehari penggunaan comstock konvensional sebesar 59.65 ± 9.93 detik dan dengan aplikasi *E-Comstock* sebesar 49.02 ± 6.37 detik, hal ini berarti terdapat perbedaan efektifitas waktu antara waktu total sehari penggunaan comstock konvensional dengan aplikasi *E-Comstock* dimana waktu total sehari menggunakan aplikasi *E-Comstock* pendek atau lebih efektif dibandingkan dengan metode konvensional.

Kesimpulan : Terdapat perbedaan efektifitas waktu total dalam sehari penilaian sisa makanan antara aplikasi E-comstock dengan comstock konvensional (pada kertas dan *entry* pada excel) dimana waktu penggunaan aplikasi E-comstock lebih pendek dibandingkan dengan metode konvensional

Kata Kunci : Sisa Makanan, Comstock, Efektifitas Waktu, Aplikasi