

EATING HABITS OF ELDERLY VILLAGE KRASAK, SALAMAN, MAGELANG, CENTRAL JAVA

Istiqomah¹, Herawati², Nur Hidayat³

¹istiqomah.qisti@gmail.com,

Department of Nutrition Poltekkes Kemenkes Yogyakarta

^{2,3}Lecturer of Poltekkes Kemenkes Yogyakarta

ABSTRACT

Background: The elderly population in Indonesia was predicted to rise higher. Riskesdas 2013 results, most diseases in the elderly are Non Communicable Diseases (NCD). The common risk factor of NCD was unhealthy food consumption pattern. In order to avoid non-infectious diseases (NCD) associated with nutrition, the people's eating habits need to be improved toward balanced nutritional intake.

Objective: To find out the eating habits of the elderly and the appropriateness of eating habits with Balanced Nutrition Guidelines.

Method: This research type was survey conducted with data collection. The research was conducted in Krasak Village, Salaman, Magelang, Central Java. A total of 18 elderly people were subjected to the study. Aspects studied were eating habits (type and frequency of food) and suitability of dietary habits with Balanced Nutrition Guidelines. Data on eating habits were collected using semiquantitative food frequency questionnaires over the past month.

Results: 22.2% of underweight elderly and 22.2% elderly obese / obese. As many as 100% of elderly consume rice every day. Elderly often consume cassava and noodles each as much as 50%. Elderly often consume chicken eggs as much as 55.6% and chicken meat as much as 38.9%. Elderly every day to consume tempeh and tofu each as much as 77.8%. Elderly everyday consume cabbage as much as 16.7%. Elderly often consume carrots and lompong each as much as 77.8%. As many as 50% of elderly often consume long beans while cassava and spinach leaves are often consumed each as much as 38.9%. Elderly every day to consume ambon bananas as much as 11.1%. Elderly often consume papaya as much as 33.3% and sweet oranges as much as 38.9%. All the eating habits of the elderly were incompatible with the Balanced Nutrition Guidelines.

Conclusion: Elderly everyday consume rice, tempeh, tofu, cabbage and banana. All the eating habits of the elderly are incompatible with the Balanced Nutrition Guidelines.

Keywords: Eating Habits, Balanced Nutrition Guidance, Elderly.

KEBIASAAN MAKAN LANSIA DESA KRASAK, SALAMAN, MAGELANG, JAWA TENGAH

Istiqomah¹, Herawati², Nur Hidayat³

¹istiqomah.qisti@gmail.com, Jurusan Gizi Poltekkes Kemenkes Yogyakarta

^{2,3}Dosen Poltekkes Kemenkes Yogyakarta

ABSTRAK

Latar Belakang : Populasi lansia di Indonesia diprediksi meningkat lebih tinggi. Hasil Riskesdas 2013, penyakit terbanyak pada lanjut usia adalah Penyakit Tidak Menular (PTM). Faktor risiko umum PTM adalah pola konsumsi makanan yang tidak sehat. Agar terhindar dari penyakit tidak menular (PTM) terkait gizi, maka kebiasaan makan masyarakat perlu ditingkatkan ke arah konsumsi gizi seimbang.

Tujuan : Untuk mengetahui kebiasaan makan lansia dan kesesuaian kebiasaan makan dengan Pedoman Gizi Seimbang.

Metode : Jenis penelitian ini adalah survey yang dilakukan dengan pengumpulan data. Penelitian ini dilakukan di Desa Krasak, Salaman, Magelang, Jawa Tengah. Sebanyak 18 orang lansia dijadikan subyek penelitian. Aspek-aspek yang diteliti yaitu kebiasaan makan (jenis dan frekuensi makanan) dan kesesuaian kebiasaan makanan dengan Pedoman Gizi Seimbang. Data kebiasaan makan dikumpulkan menggunakan kuesioner frekuensi makanan semi kuantitatif selama satu bulan terakhir.

Hasil : Sebanyak 22,2% lansia kurus dan 22,2% lansia gemuk/obesitas. Sebanyak 100% lansia mengkonsumsi nasi setiap hari. Lansia sering mengkonsumsi singkong dan mie masing-masing sebanyak 50%. Lansia sering mengkonsumsi telur ayam sebanyak 55,6% dan daging ayam sebanyak 38,9%. Lansia setiap hari mengkonsumsi tempe dan tahu masing-masing sebanyak 77,8%. Lansia setiap hari mengkonsumsi kubis sebanyak 16,7%. Lansia sering mengkonsumsi wortel dan lompong masing-masing sebanyak 77,8%. Sebanyak 50% lansia sering mengkonsumsi kacang panjang sedangkan daun singkong dan bayam sering dikonsumsi masing-masing sebanyak 38,9%. Lansia setiap hari mengkonsumsi pisang ambon sebanyak 11,1%. Lansia sering mengkonsumsi pepaya sebanyak 33,3% dan jeruk manis sebanyak 38,9%. Semua kebiasaan makan lansia tidak sesuai dengan Pedoman Gizi Seimbang.

Kesimpulan : Lansia setiap hari mengkonsumsi nasi, tempe, tahu, kubis dan pisang. Semua kebiasaan makan lansia tidak sesuai dengan Pedoman Gizi Seimbang.

Kata Kunci : Kebiasaan makan, Pedoman Gizi Seimbang, Lansia.