

ABSTRAK

HUBUNGAN STATUS GIZI DAN DETERMINAN SOSIAL KESEHATAN DENGAN KUALITAS HIDUP LANSIA DI POSYANDU LANSIA PUSKESMAS PLERET KABUPATEN BANTUL YOGYAKARTA

Nur Hidayati¹, Tri Siswati², Susilo Wirawan³

¹ Prodi Pendidikan Profesi Dietisien Poltekkes Kemenkes Yogyakarta

² Prodi Sarjana Terapan Gizi dan Dietetika Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: nurhidayati060123@gmail.com

ABSTRAK

Latar Belakang: Pertambahan jumlah lansia per tahun terus meningkat yang tidak selalu disertai dengan perbaikan kualitas hidup dapat menimbulkan berbagai permasalahan kompleks untuk lansia, keluarga maupun masyarakat yang berisiko menurunkan kualitas hidup.

Tujuan: Mengetahui hubungan status gizi dan determinan sosial kesehatan dengan kualitas hidup lansia di posyandu lansia Puskesmas Pleret, Kabupaten Bantul, Yogyakarta

Metode: Jenis penelitian ini menggunakan metode *cross sectional*. Penelitian dilakukan di Puskesmas Pleret pada bulan Oktober-November 2025. Besar sampel adalah 93 lansia yang ada di Posyandu Lansia. Variabel penelitian meliputi status gizi, determinan sosial kesehatan dan kualitas hidup lansia. Data status gizi diperoleh dari IMT dengan pengukuran berat badan dan tinggi badan. Data determinan sosial kesehatan menggunakan kuesioner *WHO SAGE* dan data kualitas hidup menggunakan kuesioner EQ 5D-5L. Uji statistik yang digunakan untuk analisis bivariat yaitu uji *Chi square* dan analisis multivariat yaitu uji regresi logistic

Hasil: Berdasarkan uji bivariat hubungan antara status gizi, *self reported depression* dan kepuasan hidup dengan kualitas hidup lansia didapatkan *p value* >0,05. Sedangkan penilaian terhadap kesehatan diri sendiri dan penilaian kualitas hidup secara keseluruhan didapatkan *p value* <0,05. Hasil uji multivariat untuk penilaian terhadap kesehatan diri sendiri didapatkan *p value* 0,002; AOR=0,100 dan *self reported depression* didapatkan *p value* 0,025; AOR=5,252

Kesimpulan: Hasil uji bivariat penelitian ini menunjukkan tidak terdapat hubungan antara status gizi, *self reported depression* dan kepuasan hidup dengan kualitas hidup lansia. Sedangkan penilaian terhadap kesehatan diri sendiri dan penilaian kualitas hidup secara keseluruhan terdapat hubungan signifikan dengan kualitas hidup lansia. Hasil uji multivariat menunjukkan penilaian terhadap kesehatan diri sendiri dan *self reported depression* berpengaruh terhadap kualitas hidup lansia.

Kata Kunci: status gizi, determinan sosial kesehatan, kualitas hidup, lansia

ABSTRACT

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND SOCIAL DETERMINANTS OF HEALTH WITH THE QUALITY OF LIFE OF ELDERLY PEOPLE AT THE ELDERLY HEALTH CENTER OF THE PLERET COMMUNITY HEALTH CENTER IN BANTUL REGENCY, YOGYAKARTA

Nur Hidayati¹, Tri Siswati², Susilo Wirawan³

¹ Prodi Pendidikan Profesi Dietisien Poltekkes Kemenkes Yogyakarta

² Prodi Sarjana Terapan Gizi dan Dietetika Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: nurhidayati060123@gmail.com

ABSTRACT

Background: *The annual increase in the number of elderly people, which is not always accompanied by improvements in quality of life, can cause various complex problems for the elderly, their families, and the community, which may reduce their quality of life.*

Objective: *To determine the relationship between nutritional status and social determinants of health with the quality of life of elderly people at the Pleret Community Health Center (Puskesmas) in Bantul Regency, Yogyakarta.*

Methods: *This study used a cross-sectional design. The research was conducted at the Pleret Community Health Center in October-November 2025. The sample size was 93 elderly people at the Elderly Health Center. The research variables included nutritional status, social determinants of health, and quality of life of the elderly. Nutritional status data were obtained from BMI measurements of weight and height. Data on social determinants of health used the WHO SAGE questionnaire, and data on quality of life used the EQ 5D-5L questionnaire. The statistical tests used for bivariate analysis were the Chi-square test and multivariate analysis using logistic regression.*

Results: *Based on bivariate analysis, the relationship between nutritional status, self-reported depression, and life satisfaction with the quality of life of the elderly had a p-value >0.05. Meanwhile, the assessment of self-rated health and overall quality of life showed a p-value <0.05. The multivariate test results for the assessment of self-rated health showed a p-value of 0.002; AOR=0.100, and self-reported depression showed a p-value of 0.025; AOR=5.252.*

Conclusion: *The results of the bivariate test in this study showed that there was no relationship between nutritional status, self-reported depression, and life satisfaction with the quality of life of the elderly. Meanwhile, self-rated health and overall quality of life were significantly related to the quality of life of the elderly. The results of the multivariate test showed that self-rated health and self-reported depression affected the quality of life of the elderly.*

Keywords: *nutritional status, social determinants of health, quality of life, elderly*