

**ABSTRAK**  
**HUBUNGAN STATUS GIZI DENGAN KUALITAS HIDUP LANJUT USIA**  
**DI POSBINDU DUSUN BANDUNGAN WILAYAH KERJA PUSKESMAS**  
**IMOGIRI I**

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**ABSTRAK**

**Latar Belakang :** Fenomena penuaan penduduk (*ageing population*) di Indonesia menimbulkan tantangan besar di bidang kesehatan masyarakat, salah satunya adalah meningkatnya prevalensi masalah gizi pada lanjut usia (lansia). Berdasarkan *Riset Kesehatan Dasar* (Riskesdas) tahun 2018, prevalensi masalah gizi pada lansia mencapai 54,2%, terdiri atas 25,5% gizi kurang dan 28,7% gizi lebih. Status gizi yang tidak seimbang berdampak pada penurunan fungsi tubuh, meningkatnya risiko penyakit kronis, serta menurunkan kualitas hidup lansia.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi dengan kualitas hidup lansia di Posbindu Dusun Bandungan wilayah kerja Puskesmas Imogiri I.

**Metode :** Penelitian ini merupakan penelitian observasional dengan pendekatan *cross sectional*. Sampel berjumlah 42 responden lansia yang dipilih dengan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi. Data dikumpulkan melalui pengukuran berat badan dan tinggi badan untuk menentukan Indeks Massa Tubuh (IMT) serta pengisian kuesioner *World Health Organization Quality of Life-BREF* (WHOQOL-BREF) untuk menilai kualitas hidup. Analisis data dilakukan menggunakan uji Chi-Square dengan p-value <0,05.

**Hasil :** Sebanyak 11,9% responden memiliki status gizi kurus, 42,9% memiliki status gizi normal dan 45,2% berstatus gizi gemuk. Kualitas hidup baik ditemukan pada 54,8% responden, sedangkan 45,2% lainnya memiliki kualitas hidup tidak baik. Hasil uji Chi-Square menunjukkan terdapat hubungan yang signifikan antara status gizi dan kualitas hidup lansia (p-value = 0,005 < 0,05).

**Kesimpulan :** Terdapat hubungan antara status gizi dengan kualitas hidup lansia.

**Kata Kunci :** status gizi, kualitas hidup, lansia, WHOQOL-BREF

**ABSTRACT**  
**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND QUALITY OF LIFE AMONG THE ELDERLY AT POSBINDU DUSUN BANDUNGAN, WORKING AREA OF PUSKESMAS IMOGIRI I**

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**ABSTRACT**

**Background:** The phenomenon of population ageing in Indonesia poses a major challenge in the field of public health, particularly the increasing prevalence of nutritional problems among older adults. Based on the 2018 Basic Health Research (Riskesdas), the prevalence of nutritional problems among the elderly reached 54.2%, consisting of 25.5% undernutrition and 28.7% overnutrition. Imbalanced nutritional status contributes to a decline in physical function, an increased risk of chronic diseases, and a reduced quality of life among older adults.

**Objective:** This study aimed to determine the relationship between nutritional status and quality of life among the elderly at Posbindu Dusun Bandungan, within the working area of Puskesmas Imogiri I.

**Method:** This study employed an observational design with a cross-sectional approach. A total of 42 older adults were selected using purposive sampling based on predetermined inclusion and exclusion criteria. Data were collected through measurements of body weight and height to determine Body Mass Index (BMI) and administration of the World Health Organization Quality of Life-BREF (WHOQOL-BREF) questionnaire to assess quality of life. Data analysis was conducted using the Chi-square test with a significance level of  $p < 0.05$ .

**Result:** A total of 11.9% of respondents had undernutrition, 42.9% had normal nutritional status, and 45.2% were classified as overweight. Good quality of life was found in 54.8% of respondents, while the remaining 45.2% had a poor quality of life. The Chi-square test showed a significant association between nutritional status and the quality of life of the elderly ( $p\text{-value} = 0,005 < 0,05$ ).

**Conclusion:** There is a relationship between nutritional status and quality of life among the elderly.

**Keywords:** nutritional status, quality of life, elderly, WHOQOL-BREF