

***OVERVIEW OF INPATIENT ACCEPTANCE LEVEL OF ANIMAL-BASED
SIDE DISHES AT PKU MUHAMMADIYAH GAMPING HOSPITAL***

Claresta Piscellia Putri Maharani¹, Lastmi Wayansari, S.Gz, MPH²,

Dr. Waluyo, STP, M.Kes³

^{1,2,3}Nutrition Department of Poltekkes Kemenkes Yogyakarta

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

Email : clarestapiscellia@gmail.com

ABSTRACT

Background: Nutritional services in hospitals play an important role in supporting the recovery process of inpatients, one of which is through the provision of animal-based side dishes as a source of high-quality protein. However, the acceptance level of animal-based side dishes among inpatients at PKU Muhammadiyah Gamping Hospital remains low, as reflected by a plate waste rate of 87% based on comstock data, even though animal-based side dishes are essential for accelerating recovery. Food appearance and taste are the main factors influencing the level of patient acceptance toward the food served.

Objective: To describe the level of inpatient acceptance toward the appearance and taste of animal-based side dishes of regular food at PKU Muhammadiyah Gamping Hospital.

Method: This study used a descriptive design with a cross-sectional approach. The study subjects were 30 inpatients from class II and III wards who met the inclusion criteria. Data were collected in January 2026 over three days during lunch on menu cycle 2, 4, and 5 using a Likert scale questionnaire with six response options.

Result: The level of patient acceptance toward the appearance of animal-based side dishes showed that color was satisfied (60%), aroma was fairly satisfied (53.3%), shape was satisfied (60%), and portion size was satisfied (83.3%). The level of acceptance toward the taste of animal-based side dishes showed that taste was satisfied (46.7%), texture was satisfied (60%), temperature received the lowest rating with fairly satisfied (40%) and dissatisfied (13.3%), and degree of doneness was satisfied (66.7%).

Conclusion: The level of inpatient acceptance toward animal-based side dishes of regular food at PKU Muhammadiyah Gamping Hospital was generally in the satisfied category across all appearance and taste aspects. The temperature aspect received the lowest rating and needs to be improved through enhancement of the food distribution system and serving time management.

Keywords: Acceptance Level, Animal-Based Side Dishes Regular Diet, Food Appearance, Food Taste

GAMBARAN TINGKAT PENERIMAAN PASIEN RAWAT INAP TERHADAP LAUK HEWANI DI RUMAH SAKIT PKU MUHAMMADIYAH GAMPING

**Claresta Piscellia Putri Maharani¹, Lastmi Wayansari, S.Gz, MPH²,
Dr. Waluyo, STP, M.Kes³**

^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta

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

Email : clarestapiscellia@gmail.com

ABSTRAK

Latar Belakang: Pelayanan gizi di rumah sakit berperan penting dalam mendukung proses penyembuhan pasien rawat inap, salah satunya melalui penyediaan lauk hewani sebagai sumber protein berkualitas tinggi. Namun, tingkat penerimaan pasien terhadap lauk hewani di RS PKU Muhammadiyah Gamping masih rendah, yang terlihat dari tingginya sisa lauk hewani sebesar 87% berdasarkan data *comstock*, padahal lauk hewani sangat dibutuhkan untuk mempercepat pemulihan. Penampilan dan **cita rasa** makanan merupakan faktor utama yang memengaruhi tingkat penerimaan pasien terhadap makanan yang disajikan.

Tujuan: Mengetahui gambaran tingkat penerimaan pasien rawat inap terhadap penampilan dan rasa lauk hewani makanan biasa di RS PKU Muhammadiyah Gamping.

Metode: Jenis penelitian ini adalah deskriptif dengan desain *cross-sectional*. Subjek penelitian adalah 30 pasien rawat inap kelas II dan III yang memenuhi kriteria inklusi. Data dikumpulkan pada bulan Januari 2026 selama tiga hari pada waktu makan siang siklus menu ke-2, ke-4, dan ke-5 menggunakan kuesioner skala *likert* dengan enam pilihan jawaban.

Hasil: Tingkat penerimaan pasien terhadap penampilan lauk hewani menunjukkan aspek warna puas (60%), aroma cukup puas (53,3%), bentuk puas (60%), dan besar porsi puas (83,3%). Tingkat penerimaan terhadap cita rasa lauk hewani menunjukkan aspek rasa puas (46,7%), tekstur puas (60%), suhu memperoleh penilaian terendah dengan kategori cukup puas (40%) dan tidak puas (13,3%), dan tingkat kematangan puas (66,7%).

Kesimpulan: Tingkat penerimaan pasien rawat inap terhadap lauk hewani makanan biasa di RS PKU Muhammadiyah Gamping secara umum berada pada kategori puas pada seluruh aspek penampilan maupun cita rasa. Aspek suhu mendapatkan penilaian terendah dan perlu ditingkatkan melalui perbaikan sistem distribusi serta pengelolaan waktu penyajian makanan.

Kata Kunci: Tingkat Penerimaan, Lauk Hewani Makanan Biasa, Penampilan Makanan, Cita Rasa Makanan