

## **GAMBARAN KETEPATAN PEMORSIAN NASI PADA PASIEN DEWASA DI RSUD dr. SOEHADI PRIJONEGORO KABUPATEN SRAGEN**

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### **ABSTRAK**

**Latar belakang :** Ketidaktepatan pemorsian nasi di rumah sakit masih sering terjadi, yang salah satunya disebabkan oleh penggunaan alat pemorsian yang belum terstandarisasi serta belum optimalnya penerapan standar porsi oleh tenaga pemorsi dalam proses penyajian makanan. Kondisi ini dapat mengakibatkan ketidaksesuaian antara porsi yang disajikan dengan standar yang telah ditetapkan, sehingga berpotensi memengaruhi pemenuhan kebutuhan gizi pasien selama menjalani perawatan di rumah sakit. Oleh karena itu, diperlukan perhatian lebih terhadap penggunaan alat pemorsian yang sesuai standar serta peningkatan kepatuhan tenaga pemorsi terhadap ketentuan porsi agar kebutuhan gizi pasien dapat terpenuhi secara optimal.

**Tujuan :** Mengetahui gambaran ketepatan pemorsian nasi pada pasien dewasa di RSUD dr. Soehadi Prijonegoro Sragen.

**Metode :** Penelitian ini merupakan penelitian *deskriptif observasional* dengan desain *cross sectional*. Sampel penelitian berjumlah 40 porsi nasi yang diambil menggunakan teknik *random sampling* pada menu makan siang siklus ke- 1,3,5,7, dan 9. Data diperoleh melalui penimbangan langsung menggunakan timbangan *digital* dan dianalisis secara deskriptif dengan membandingkan besar porsi dengan standar porsi rumah sakit.

**Hasil :** Hasil penelitian menunjukkan standar porsi nasi sebesar 200 gram, sedangkan rata-rata besar porsi nasi yang disajikan sebesar 97,4 gram serta ketepatan pemorsian nasi tidak tepat 100%.

**Kesimpulan :** Pemorsian nasi pada pasien dewasa termasuk kategori tidak tepat.

**Kata Kunci :** Ketepatan pemorsian, Besar porsi, Standar porsi

## DESCRIPTION OF THE ACCURACY OF RICE PORTIONING IN ADULT PATIENTS AT DR. SOEHADI PRIJONEGORO REGIONAL HOSPITAL, SRAGEN REGENCY

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### ABSTRACT

**Background :** Inaccurate rice portioning in hospitals is still common, partly due to the use of non-standardized portioning tools and the suboptimal implementation of portion standards by portioning staff during the food preparation process. This can lead to discrepancies between the portions served and the established standards, potentially impacting patients' nutritional needs during hospitalization. Therefore, greater attention is needed to the use of standardized portioning tools and to improve portioning staff compliance with portioning requirements to ensure optimal patient nutritional needs are met.

**Objective :** To determine the accuracy of rice portioning in adult patients at dr. Soehadi Prijonegoro Regional General Hospital, Sragen.

**Methods :** This is a descriptive, observational study with a cross-sectional design. The sample consisted of 40 portions of rice taken using a random sampling technique from the lunch menu in cycles 1,3,5,7, and 9. Data were obtained through direct weighing using a digital scale and analyzed descriptively by comparing portion sizes with hospital portion sizes.

**Result :** The results of the study showed that the standard portion of rice was 200 grams, while the average portion size of rice served was 97.4 grams and the accuracy of rice portioning was not 100% correct (appropriate).

**Conclusion :** Rice portioning in adult patients is categorized as inappropriate.

**Keywords :** Portioning accuracy, Portion size, Standar portion