

**DESCRIPTION OF THE SATISFACTION LEVEL OF CLASS III
INPATIENTS WITH THE TASTE OF REGULAR-TEXTURE
VEGETABLE DISHES IN THE REGULAR DIET MENU SERVED AT
LUNCH AT WONOSARI REGIONAL GENERAL HOSPITAL**

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ABSTRACT

Background: Taste is one of the important factors in hospital food service, as it is directly evaluated by patients through sensory perception and influences food acceptance and patient satisfaction. Poor taste quality may lead to reduced food intake and increased food waste. At Wonosari Regional General Hospital, previous research reported that the average plate waste of regular non-therapeutic meals reached 26%, with the highest proportion originating from vegetable dishes. These findings indicate the need to assess inpatients' satisfaction with the taste of vegetable dishes as a basis for evaluating and improving the quality of hospital nutrition services.

Objective: To describe the satisfaction of Class III inpatients with the palatability of vegetable dishes served at Wonosari Regional General Hospital.

Method: This study was an observational study with a cross-sectional design. The object of the study was regular-texture vegetable dishes served as part of the regular diet at lunch on menu cycles 1, 4, and 8. The subjects were 32 Class III inpatients at Wonosari Regional General Hospital in January 2026 who received regular-texture vegetable dishes as part of the regular diet. The study variables were patient satisfaction with the appearance of the vegetable dishes (color, shape, aroma, and portion size) and patient satisfaction with their taste attributes (taste, temperature, and texture). The data were analyzed descriptively.

Results: The results showed that all 32 subjects (100%) were satisfied with the appearance attributes of the vegetable dishes, including color, shape/cut, aroma, and portion size. Regarding the taste attributes, all 32 subjects (100%) were satisfied with the taste and texture of the vegetable dishes. However, for the temperature attribute, 25 subjects (78.12%) were satisfied, while 7 subjects (21.88%) were dissatisfied.

Conclusion: Most Class III inpatients at Wonosari Regional General Hospital were satisfied with the palatability of the regular-texture vegetable dishes from the regular diet menu served at lunchtime.

Keywords: Patient Satisfaction Level, Palatability, Vegetable Dishes

GAMBARAN TINGKAT KEPUASAN PASIEN RAWAT INAP KELAS III TERHADAP CITA RASA HIDANGAN SAYUR BENTUK BIASA PADA MENU DIET BIASA YANG DISAJIKAN SAAT MAKAN SIANG DI RSUD WONOSARI

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ABSTRAK

Latar Belakang: Cita rasa merupakan salah satu faktor penting dalam pelayanan makanan rumah sakit karena menjadi aspek yang langsung dinilai pasien melalui indera perasa serta berpengaruh terhadap penerimaan makanan dan tingkat kepuasan pasien. Cita rasa yang kurang baik dapat menyebabkan rendahnya konsumsi makanan dan meningkatnya sisa makanan. Di RSUD Wonosari, penelitian sebelumnya menunjukkan rata-rata sisa makanan bentuk biasa non diet mencapai 26%, dengan sisa tertinggi terdapat pada hidangan sayur. Kondisi tersebut menunjukkan perlunya mengetahui tingkat kepuasan pasien terhadap cita rasa hidangan sayur sebagai upaya evaluasi dan peningkatan mutu pelayanan gizi rumah sakit.

Tujuan: Diketuainya gambaran tingkat kepuasan pasien rawat inap kelas III terhadap cita rasa hidangan sayur yang disajikan.

Metode: Penelitian ini merupakan jenis penelitian *observasional* dengan desain *cross sectional*. Objek penelitian ini adalah hidangan sayur diet biasa bentuk biasa yang disajikan pada waktu makan siang pada menu hari ke-1, ke-4 dan ke-8. Subjek penelitian adalah pasien rawat inap kelas III RSUD Wonosari pada bulan januari tahun 2026 yang mendapatkan hidangan sayur bentuk biasa pada menu diet biasa dengan jumlah 32 pasien. Variabel penelitian yaitu tingkat kepuasan pasien berdasarkan aspek penampilan meliputi (warna, bentuk, aroma, dan besar porsi) dan tingkat kepuasan pasien berdasarkan aspek rasa meliputi (rasa, suhu, dan tekstur). Data yang diperoleh dianalisis secara deskriptif.

Hasil: Hasil penelitian menunjukkan Sebanyak 32 subjek (100%) menyatakan puas terhadap aspek penampilan hidangan sayur yang meliputi warna, bentuk/potongan, aroma, dan besar porsi. Pada aspek rasa, 32 subjek (100%) menyatakan puas terhadap indikator rasa dan tekstur, sedangkan pada indikator suhu 25 subjek (78,12%) menyatakan puas dan 7 subjek (21,88%) menyatakan tidak puas.

Kesimpulan: Sebagian besar pasien rawat inap kelas III di RSUD Wonosari menyatakan puas terhadap cita rasa hidangan sayur bentuk biasa pada menu diet biasa yang disajikan saat makan siang.

Kata kunci: Tingkat Kepuasan, Cita rasa, Hidangan Sayur