

PENGARUH MODIFIKASI RESEP SAYUR TERHADAP DAYA TERIMA LANSIA DI BALAI PELAYANAN SOSIAL TRESNA WERDHA (BPSTW) BUDI LUHUR

Naila Mutia Prabawanti¹, Setyowati², Rini Wuri Astuti³

¹Mahasiswa Jurusan Gizi Poltekkes Kemenkes Yogyakarta

^{2,3}Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tatabumi No. 3

Banyuraden, Gamping, Sleman

Email: nailamutia04@gmail.com

ABSTRAK

Latar Belakang : Lansia mengalami perubahan fisiologis yang dapat memengaruhi kemampuan menerima makanan, seperti penurunan fungsi indera pengecap dan kemampuan mengunyah. Kondisi tersebut dapat menyebabkan rendahnya daya terima makanan, termasuk konsumsi sayur. Di Balai Pelayanan Sosial Tresna Werdha (BPSTW) Budi Luhur ditemukan tingginya sisa makanan pada menu sayur asem-asem sebesar 44,33%, yang menunjukkan rendahnya daya terima lansia terhadap menu sayur. Salah satu upaya yang dapat dilakukan untuk meningkatkan daya terima adalah melalui modifikasi resep.

Tujuan : Mengetahui pengaruh modifikasi resep sayur terhadap daya terima lansia di BPSTW Budi Luhur.

Metode : Penelitian ini merupakan penelitian dan pengembangan (*Research and Development/R&D*) dengan model ADDIE. Resep lama (asem-asem) dimodifikasi menjadi dua variasi resep, yaitu Sup Merah dan Sup Jahe. Penilaian tingkat kesukaan dilakukan menggunakan uji organoleptik metode hedonik oleh panelis agak terlatih untuk menentukan resep modifikasi terpilih. Resep terpilih kemudian dibandingkan dengan resep lama berdasarkan nilai gizi, *food cost*, dan daya terima lansia. Penilaian daya terima dilakukan menggunakan metode visual *Comstock* dan dianalisis menggunakan uji *Chi-Square*.

Hasil : Hasil uji organoleptik menunjukkan bahwa Sup Merah lebih disukai dibandingkan Sup Jahe, terutama pada aspek aroma dan rasa. Resep modifikasi Sup Merah memiliki kandungan protein lebih tinggi, kandungan lemak lebih rendah, serta *food cost* lebih rendah dibandingkan resep lama. Hasil uji *Chi-Square* menunjukkan terdapat perbedaan daya terima yang bermakna antara resep lama dan resep modifikasi dengan nilai *p-value* sebesar 0,010 ($p < 0,05$). Persentase lansia dengan kategori daya terima baik meningkat dari 47,8% pada resep lama menjadi 69,6% pada resep modifikasi Sup Merah.

Kesimpulan: Modifikasi resep sayur terbukti dapat meningkatkan daya terima sayur lansia di BPSTW Budi Luhur.

Kata Kunci : Lansia, modifikasi resep, daya terima, sayur, sisa makanan, uji hedonik

THE EFFECT OF VEGETABLE RECIPE MODIFICATION ON VEGETABLE ACCEPTABILITY AMONG OLDER ADULTS AT THE BUDI LUHUR TRESNA WERDHA SOCIAL SERVICE CENTER (BPSTW)

Naila Mutia Prabawanti¹, Setyowati², Rini Wuri Astuti³

¹ Student of Nutrition Department of Health Polytechnic Ministry of Health
Yogyakarta

^{2,3}) Lecturers of Nutrition Department of Health Polytechnic Ministry of Health
Yogyakarta, Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: nailamutia04@gmail.com

ABSTRACT

Background : Older adults experience physiological changes that may affect food acceptance, including decreased taste sensitivity and chewing ability. These conditions may lead to low food acceptance, particularly vegetable consumption. At the Budi Luhur Tresna Werdha Social Service Center (BPSTW), a high percentage of vegetable plate waste from the *asem-asem* menu (44.33%) was found, indicating low vegetable acceptance among older adults. One strategy to improve food acceptance is recipe modification.

Objective : To determine the effect of vegetable recipe modification on food acceptance among older adults at BPSTW Budi Luhur.

Method : This study used a Research and Development (R&D) approach with the ADDIE model. The original recipe (*asem-asem*) was modified into two recipe variations, namely Sup Merah and Sup Jahe. Preference testing was conducted using a hedonic sensory test by semi-trained panelists to determine the selected modified recipe. The selected recipe was then compared with the original recipe based on nutritional value, food cost, and food acceptance among older adults. Food acceptance was assessed using the visual Comstock method and analyzed using the Chi-Square test.

Results : The hedonic test showed that Sup Merah was preferred over Sup Jahe, particularly in aroma and taste aspects. The modified Sup Merah recipe had higher protein content, lower fat content, and lower food cost compared to the original recipe. Chi-Square analysis showed a significant difference in food acceptance between the original and modified recipes with a p-value of 0.010 ($p < 0.05$). The percentage of older adults with good food acceptance increased from 47.8% in the original recipe to 69.6% in the modified Sup Merah recipe.

Conclusion : Vegetable recipe modification was proven to improve vegetable acceptance among older adults at BPSTW Budi Luhur.

Keywords : older adults, recipe modification, food acceptance, vegetables, plate waste, hedonic test