

## ABSTARK

**M. Rizky Andriyawan, 2019.** Penyelenggaraan Makanan Lunak pada Pasien anak di RSUD Mardi Waluyo Kota Blitar (Studi Standar Porsi dan Penerapannya Serta Sisa Makanan Pasien ), dibawah bimbingan : **Dwie Soelistyorini**

Kesesuaian besar porsi yang diberikan RSUD Mardi Waluyo Kota Blitar akan melihat berapa persen sisa makanan lunak pada pasien anak, Hasil observasi sebelum dilaksanan penelitian terhadap makanan lunak pasien anak di RSUD Mardi Waluyo Kota Blitar terdapat masalah yang ditemukan yaitu sisa makan pasien yang cukup banyak pada setiap kali makan pagi. Observasi yang dilakukan yang datanya diambil dengan cara wawancara terhadap tenaga penyaji pada bulan April 2019. Penelitian ini bertujuan untuk mengetahui penyelenggaraan makanan lunak pada pasien anak di RSUD Mardi Waluyo Kota Blitar (Studi standar porsi dan penerapannya serta sisa makanan pasien).

Penelitian ini menggunakan metode penelitian observational deskriptif dengan desain penelitian yaitu Icross sectional studies. penelitian ini berlangsung bulan April-mei 2019 dengan jumlah responden kesesuaian porsi 10 pasien dan 8 responden untuk sisa makanan. Kesesuaian porsi dilakukan dengan penimbangan dan membandingkan dengan standar porsi yang ada, untuk sisa makanan lunak menggunakan metode Icomstock.

Hasil penelitian kesesuaian standar porsi nasi 6%, lauk hewani 3%, lauk nabati 3%, sayur 0%. Hasil rata-rata kesesuaian porsi 3%, kesesuaian porsi di katakan sesuai jika  $\geq$  mean presentase standar porsi yang telah ditentukan 95,8%. Ketidaksesuaian yang tinggi di akibatkan takaran tidak tepat dan pemotongan bahan makanan. Hasil sisa makan lunak pasien anak yaitu 35,71% yaitu melebihi batas minimum ketetapan Rumah sakit yaitu  $\leq$  20%. Sisa makanan yang tinggi di akibatkan karena porsi yang cukup banyak, ada rasa yang kurang enak, penampilan kurang menarik, dan keadaan pasien.

kesimpulan hasil penelitian ini adalah kesesuaian porsi terhadap standar porsi masih rendah yaitu 3 % dan sisa makanan yang cukup tinggi yaitu 35,71%. Penelitian ini menyarankan, saat pemorsian dan pemotongan bahan makanan terutama lauk hewani dan lauk nabati perlu adanya penimbangan atau keseragaman dalam pemotongan sesuai dengan standar porsi dan dilakukan tes food untuk rasa, kempukan, dan penampilan makanan.

**Kata kunci** : standar porsi, kesesuaian porsi, makanan lunak, dan sisa makanan.

## Abstract

**M. Rizky Andriyawan, 2019.** Organizing Soft Foods for Pediatric Patients in Mardi Waluyo Hospital Blitar City (Study of Standard Portions and Their Application and Food Remnants for Patients), under the guidance of: **Dwie Soelistyorini, S. ST., M.Kes**

The large proportion of portions given by Mardi Waluyo Hospital in Blitar City will see what percentage of soft food remains in pediatric patients. The observation results before conducting research on pediatric soft foods at Mardi Waluyo Hospital in Blitar City have found problems, namely adequate patient remaining food a lot at every breakfast. The observations were carried out whose data was taken by interviewing the presenter and observers for 3 days in April 2019. This study aimed to determine the implementation of soft foods in pediatric patients in Mardi Waluyo Hospital Blitar City (Study of standard portions and their application and patient food scraps) .

This study used a descriptive observational method with a research design, Icross sectional studies. this study took place in April-May 2019 with the number of respondents matching the proportion of 10 patients and 8 respondents for leftovers. Portion conformity is done by weighing and comparing with the standard portions available, for soft food scraps using the Icomstock method.

The results of the study of the standard suitability of 6% portion of rice, 3% animal side dish, 3% vegetable side dish, 0% vegetable. The results of the average suitability of portions are 3%, the suitability of portions is said to be appropriate if  $\geq$  mean percentage of the standard portion that has been determined is 95.8%. High non-compliance is caused by improper dosing and cutting of food ingredients. The remaining soft meal of pediatric patients is 35.71% which exceeds the minimum hospital setting, which is yaitu 20%. High leftovers are caused by a large portion, there are unpleasant tastes, less attractive appearance, and the patient's condition.

The conclusion of the results of this study is that the suitability of portions to standard portions is still low at 3% and the remaining food is quite high at 35.71%. This study suggests, when sprinkling and cutting food, especially animal dishes and vegetable dishes, it is necessary to weigh or uniform in cutting according to portion standards and test food for taste, flavor, and appearance of food.

**Keywords:** standard portions, suitability of portions, soft foods, and leftovers

