

ABSTRAK

NADYA PUSPITA. 2020. Pengaruh Penyuluhan Gizi terhadap Tingkat Pengetahuan Tenaga Penjamah, Ketepatan Standar Porsi, dan Tingkat Ketersediaan Energi dan Zat Gizi Makro di Penyelenggaraan Makanan Yayasan Panti Karya Asih Lawang. Pembimbing: Bachyar Bakri dan Dwie Soelistyorini.

Kurangnya pemberian makan berdampak buruk kepada status gizi yaitu lansia menjadi kurus dan kesehatan lansia menurun. Sehingga pengetahuan tenaga penjamah dalam penyusunan menu termasuk menetapkan standar porsi harus benar-benar diperhatikan. Edukasi gizi diharapkan dapat meningkatkan pengetahuan tenaga penjamah sehingga berpengaruh terhadap ketepatan standar porsi dan ketersediaan energi dan zat gizi makro. Penelitian ini bertujuan untuk mengetahui pengaruh penyuluhan terhadap tingkat pengetahuan, ketepatan standar porsi, dan tingkat ketersediaan energi dan zat gizi makro pada penyelenggaraan makanan di Yayasan Panti Karya Asih Lawang.

Jenis penelitian yang digunakan adalah *quasi experiment* (eksperimen semu) dengan desain penelitian *one group pretest posttest*. Penelitian dilakukan di Yayasan Panti Karya Asih pada Bulan September 2019. Jumlah sampel tenaga penjamah 10 orang, serta untuk porsi makanan 10 porsi menu lansia laki-laki dan 10 porsi menu lansia perempuan. Untuk mengetahui pengaruh intervensi pada penelitian ini menggunakan uji *paired t-test* apabila berdistribusi normal dan uji *wilcoxon* apabila data berdistribusi tidak normal.

Hasil penelitian menunjukkan terdapat perbedaan tingkat pengetahuan menjadi lebih baik. Sebelum intervensi porsi makanan pokok, lauk hewani, lauk nabati, dan sayur tidak tepat. Sesudah intervensi porsi makanan pokok dan lauk nabati tepat, namun lauk hewani dan sayur tidak tepat. Terdapat perbedaan signifikan standar porsi makanan pokok dan lauk nabati sebelum dan sesudah intervensi menjadi tepat. Ketersediaan energi dan zat gizi makro sebelum intervensi defisit berat. Sesudah intervensi energi lansia laki-laki dan perempuan defisit ringan, protein lansia laki-laki defisit ringan dan protein lansia perempuan normal, lemak lansia laki-laki defisit ringan dan lemak lansia perempuan normal, karbohidrat lansia laki-laki dan perempuan defisit berat. Terdapat perbedaan signifikan ketersediaan energi, protein, dan lemak sebelum dan sesudah intervensi mengalami peningkatan.

Penjamah makanan perlu menerapkan standar porsi sesuai anjuran peneliti. Edukasi gizi seimbang kepada tenaga penjamah sebaiknya dilakukan secara berkala. Memberi minuman teh saat makan siang agar menambah nilai energi dan karbohidrat lansia laki-laki dan perempuan yang berasal dari gula pasir.

Kata kunci: pengetahuan, ketepatan standar porsi, ketersediaan energi, zat gizi makro

ABSTRACT

NADYA PUSPITA. 2020. The Effect Of Nutrition Counseling On The Level Of Knowledge Of The Food Handlers, Accuracy Of The Standard Portion, And Level Of Availability Of Energy And Macro Nutrients In The Food Serving Of Karya Asih Foundation Lawang. Supervisors: Bachyar Bakri and Dwie Soelistyorini.

Lack of feeding adversely affects the nutritional status of the elderly becoming thin and decreasing elderly health. So that the knowledge of the food handlers in preparing the menu including setting the standard portion must be really considered. Nutrition education is expected to increase the knowledge of the food handlers so that it affects the accuracy of the standard portion and availability of energy and macro nutrients. This research aims to knowing the effect of nutrition counseling on the level of knowledge of the food handlers, accuracy of the standard portion, and level of availability of energy and macro nutrients in the food serving of Karya Asih Foundation Lawang.

This type of research is a quasi experiment with a one group pretest posttest research design. The study was conducted at the Karya Asih Foundation in September 2019. The number of sample food handlers was 10 people and 10 food servings for elderly men and 10 servings for elderly women. To determine the effect of the intervention in this study using paired t-test if normal distribution and wilcoxon test if the data distribution is not normal.

The results showed that there are differences in the level of knowledge for the better. Before intervention the staple food portions, animal side dishes, vegetable side dishes, and vegetables are not right. After the intervention the portions of staple food and vegetable side dishes are right, but the animal and vegetable side dishes are not right. There are significant differences in the standard portion of staple food and vegetable side dishes before and after the intervention becomes appropriate. Availability of energy and macro nutrients before heavy deficit intervention. After the energy intervention of elderly men and women with mild deficits, elderly protein with mild deficits and normal elderly female proteins, elderly fat with mild deficits and normal elderly female fats, carbohydrates of elderly males and females with severe deficits. There are significant differences in the availability of energy, protein, and fat before and after the intervention has increased.

Food handlers need to apply standard servings according to the researchers' recommendations. Balanced nutrition education for food handlers should be carried out regularly. Give tea drinks at lunch so as to add value to the energy and carbohydrates of elderly men and women derived from sugar.

Keywords: knowledge, standard portion accuracy, energy availability, macro nutrients