

HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN MIKRO, STATUS GIZI SERTA KEKUATAN OTOT DENGAN KUALITAS HIDUP LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

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ABSTRAK

Penuaan merupakan proses terjadinya perubahan kondisi tubuh baik secara anatomis, fisiologis dan biokimia pada tubuh, namun jika tidak dikelola dengan baik dapat menurunkan kualitas hidup lansia. Penelitian bertujuan untuk menganalisis hubungan asupan zat gizi makro dan zat gizi mikro, status gizi, serta kekuatan otot dengan kualitas hidup lansia di panti jompo/ panti sosial. Penelitian ini menggunakan metode *cross sectional* yang melibatkan 53 lansia yang tinggal di panti sosial Tresna Werdha Budi Mulia 3 dan masuk ke dalam kriteria inklusi. Data status gizi diambil dengan metode antropometri, kekuatan otot diukur dengan handgrip dynamometer, kualitas hidup diukur menggunakan HRQoL, asupan zat gizi menggunakan *24 hours food re-call*. Analisis *Chi Square* menunjukkan adanya hubungan yang signifikan antara asupan zat gizi makro (energi $p= 0.015$, protein $p = 0.039$), dan kekuatan otot $p = 0.033$ dengan kualitas hidup lansia. Tetapi tidak terdapat hubungan yang signifikan antara asupan zat gizi mikro (zat besi $p =0.346$, kalsium $p =0.249$) dan status gizi $p =0.862$ dengan kualitas hidup lansia. Penelitian ini menunjukkan bahwa asupan energi, protein dan kekuatan otot dapat memprediksi kualitas hidup lansia. Maka disarankan lansia untuk menjaga asupan makan dan aktifitas hidupnya.

Kata kunci: Asupan zat gizi makro dan mikro, Kekuatan otot, Kualitas Hidup, Lansia. Status gizi.

THE RELATIONSHIP BETWEEN MACRONUTRIENT AND MICRONUTRIENT INTAKE, NUTRITIONAL STATUS, AND MUSCLE STRENGTH WITH QUALITY OF LIFE OF ELDERLY IN BUDI MULIA 3 SOCIAL NURSING HOME

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ABSTRACT

Aging is a process of changes in the body's anatomical, physiological, and biochemical conditions. However, if not managed properly, it can reduce the quality of life of the elderly. This study aims to analyze the relationship between macronutrient and micronutrient intake, nutritional status, muscle strength, and quality of life of elderly people in nursing homes/social institutions. This study used a cross-sectional method involving 53 elderly people living in the Tresna Werdha Budi Mulia 3 social institution who met the inclusion criteria. Nutritional status data was collected using anthropometry, muscle strength was measured using a handgrip dynamometer, quality of life was measured using HRQoL, and nutrient intake was measured using a 24-hour food recall. Chi-square analysis showed a significant relationship between macronutrient intake (energy $p=0.015$, protein $p=0.039$), and muscle strength $p=0.033$ with quality of life in the elderly. However, there was no significant relationship between micronutrient intake (iron $p=0.346$, calcium $p=0.249$) and nutritional status $p=0.862$ with quality of life in the elderly. This study shows that energy intake, protein intake, and muscle strength can predict the quality of life of the elderly. Therefore, it is recommended that the elderly maintain their food intake and physical activity

Keywords: *Macro and micronutrient intake, Muscle strength, Nutritional status, Quality of life, Elderly.*