

POLITEKNIK KESEHATAN TANJUNGPURUNAN JURUSAN GIZI

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Gambaran Kepuasan dan Sisa Makanan Lunak pada Pasien Rawat Inap Kelas III di RSUD Pringsewu

XIV + 47 halaman + 12 lampiran + 15 tabel + 2 gambar

ABSTRAK

Kepuasan dan sisa makanan merupakan sebagai indikator keberhasilan dalam penyelenggaraan makanan di rumah sakit. Kepuasan yang kurang baik dan sisa makanan yang tinggi > 20% dapat menyebabkan pasien mengalami malnutrisi dan lamanya proses penyembuhan serta biaya anggaran terbuang sia-sia. Penelitian ini bertujuan untuk mengetahui kepuasan dilihat dari penampilan dan citarasa makanan serta sisa makanan lunak di RSUD Pringsewu Tahun 2023.

Penelitian ini menggunakan penelitian dekskriptif yaitu menggambarkan kepuasan dan sisa makanan lunak pada pasien kelas III RSUD Pringsewu. Variabel dalam penelitian ini yaitu kepuasan dan sisa makanan. Pengambilan data dilakukan melalui wawancara dengan instrumen kuisioner, sedangkan untuk sisa makanan dengan metode *comstcok*. Jumlah sample yang diambil sebanyak 29 orang dengan teknik penarikan sample secara *quota sampling*. Data diolah dan dianalisis kemudian disajikan dalam bentuk tabel.

Hasil penelitian diketahui bahwa kepuasan makanan dilihat dari penampilan dan citarasa sudah cukup puas dengan skor yaitu 74%. Penilaian penampilan makanan sudah cukup menarik dengan skor yaitu 73%. Dimana berdasarkan aspek penilaian penampilan, skor warna 71%, bentuk 70%, besar porsi 81% dan aroma 68%. Sedangkan penilaian citarasa makanan yang disajikan cukup enak dengan skor sebesar 75%. Dimana berdasarkan aspek penilaian citarasa, skor untuk rasa 69%, bumbu 66%, tekstur 85%, suhu 64% dan tingkat kematangan 90%. Sisa makanan lunak masih cukup tinggi lebih dari 20% yaitu 30,4%. Berdasarkan waktu makan, sisa makan pagi 42,2%, makan siang 22,5% dan makan malam 26,6%.

Kepuasan makanan lunak yang disajikan sudah cukup puas. Penilaian penampilan makanan yang disajikan cukup menarik dan citarasa makanan yang cukup enak. Namun sisa makanan belum sesuai standar minimal rumah sakit $\leq 20\%$. Sebaiknya perlu adanya peningkatan penampilan dan citarasa makanan, adanya sample makanan, edukasi terhadap tenaga pemasak mengenai cara pengolahan makanan yang baik serta modifikasi pengolahan menu lauk hewani di pagi hari.

Kata kunci : Kepuasan, Sisa Makanan, Makanan Lunak

Daftar pustaka: 25 (2002-2020)

TANJUNGPURING HEALTH POLYTECHNIC DEPARTMENT OF NUTRITION

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Description of Satisfaction and Leftover Soft Food in Class III Inpatients at Pringsewu Hospital

XIV + 47 pages + 12 attachments + 15 table + 2 picture

ABSTRACT

Satisfaction and food waste is an indicator of success in organizing food in hospitals. Unsatisfactory satisfaction and high food waste > 20% can cause patients to experience malnutrition and the healing process takes a long time and budget costs are wasted. This study aims to determine satisfaction in terms of the appearance and taste of food and leftover soft food at Pringsewu Hospital in 2023.

This study used a descriptive study that described satisfaction and leftover soft food in class III patients at Pringsewu Hospital. The variables in this study are satisfaction and food waste. Data collection was carried out through interviews with a questionnaire instrument, while for leftovers using the comstcok method. The number of samples taken was 29 people with a quota sampling technique. The data is processed and analyzed then presented in tabular form.

The results showed that food satisfaction seen from appearance and taste was quite satisfied with a score of 74%. Assessment of food appearance is quite interesting with a score of 73%. Where based on the aspect of appearance assessment, the color score is 71%, the shape is 70%, the portion size is 81% and the aroma is 68%. While the assessment of the taste of the food served is quite tasty with a score of 75%. Where based on the aspect of taste assessment, the score for taste is 69%, seasoning is 66%, texture is 85%, temperature is 64% and maturity level is 90%. The remaining soft food is still quite high, more than 20%, namely 30.4%. Based on the time of eating, the remaining breakfast is 42.2%, lunch is 22.5% and dinner is 26.6%.

Satisfaction soft food served is quite satisfied. Assessment of the appearance of the food served is quite interesting and the taste of the food is quite good. However, food waste does not meet the minimum hospital standards <20%. Preferably, it is necessary to improve the appearance and taste of food, provide food samples, educate cooks on proper food processing methods and modify the processing of animal side dishes in the morning.

Keywords : Satisfaction, Food Leftovers, Soft Food

Bibliography: 25 (2002-2020)