

POLTEKKES KEMENKES TANJUNGPUR
JURUSAN GIZI
Tugas akhir, Mei 2025

Racha dewangga wirawan

Gambaran Asupan Zat Gizi Makro, Serat, Kolesterol dan Status Gizi. Pada Lansia Anggota Prolanis Puskesmas Karang Anyar Kab. Lampung Selatan Tahun 2025.

xiv + 74 halaman + 18 tabel, 2 gambar, 12 lampiran

ABSTRAK

Seseorang yang telah mencapai usia 60 (enam puluh) tahun ke atas dianggap telah mencapai usia lanjut. Kualitas asupan energi, protein, lemak, karbohidrat, serat dan kolesterol yang tidak cukup dapat mempengaruhi status gizi lansia. Proses menua ini secara alami mengubah struktur, fisiologi, dan biokimia jaringan tubuh, yang berdampak pada fungsi tubuh. Tujuan dari penelitian untuk mengetahui Gambaran Asupan Zat Gizi Makro, Serat, Kolesterol dan Status Gizi Pada Lansia Anggota Prolanis Di Puskesmas Karang Anyar Kabupaten Lampung Selatan.

Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan *cross sectional*. Lokasi penelitian di Puskesmas Karang Anyar Kab Lampung Selatan Tahun 2025 dengan jumlah sampel 65 orang. Variabel yang digunakan adalah asupan zat gizi makro, serat, kolesterol dan status gizi. Penentuan sampel data menggunakan *accidental sampling* dilakukan dengan cara wawancara menggunakan alat bantu kuisioner recall 2x24 jam berupa pertanyaan untuk mengetahui asupan makan dan pengukuran antropometri untuk menentukan status gizi anggota prolanis. Analisis data menggunakan analisis univariat.

Hasil menunjukkan bahwa asupan energi pada anggota Prolanis Puskesmas Karang Anyar yaitu sangat kurang (54,4%), kurang (29,4%), normal (14,7%), lebih (1,5%). Asupan protein sangat kurang (52,9%), kurang (38,2%), normal (2,9%), lebih (5,9%). Asupan lemak lebih (52,9%), normal (11,8%), defisit tingkat ringan (13,2%), defisit tingkat sedang (11,8%), defisit tingkat berat (10,3%). Asupan karbohidrat berlebih (1,5%), normal (10,3%), defisit tingkat ringan (11,8%), defisit tingkat sedang (11,8%), defisit tingkat berat (64,7%). Asupan serat sesuai anjuran ≥ 30 gr/ hari (22,1%) dan tidak sesuai anjuran < 30 gr/ hari (77,9%). Asupan kolesterol normal < 200 gr/ hari (63,2%) dan tinggi ≥ 200 gr/ hari (36,8%), dan status gizi sangat kurus (5,9%), kurus (13,2%), normal (55,9%), gemuk (11,8%), sangat gemuk (13,2%). Saran pada penelitian ini yaitu diharapkan anggota Prolanis lebih memperhatikan pola makan sehari-hari, terutama dalam mengatur asupan zat gizi makro, serat, dan kolesterol.

Kata kunci : Asupan Zat Gizi Makro, Serat, Kolesterol dan Status Gizi
Daftar bacaan : 68 (2000-2025)

TANJUNG KARANG HEALTH POLYTECHNIC
DEARTEMENT OF NUTRITION
Final project, Mei 2025

Racha dewangga wirawan

**Overview of Macronutrient Intake, Fiber, Cholesterol and Nutritional Status.
For the Elderly Participants of the Prolanis Karang Anyar Health Center,
South Lampung Regency in 2025**

xiv + 74 pages + 18 tables, 2 images, 12 Attachment.

ABSTRACT

A person who has reached the age of 60 (sixty) years and above is considered to have reached the age of old. The quality of insufficient intake of energy, protein, fat, carbohydrates, fiber and cholesterol can affect the nutritional status of the elderly. The purpose of the study was to find out the Overview of Macronutrient Intake, Fiber, Cholesterol and Nutritional Status in the Elderly Prolanis Participants at the Karang Anyar Health Center, South Lampung Regency.

The type of research used is descriptive research with a cross sectional approach. The location of the research is at the Karang Anyar Health Center, South Lampung Regency in 2025 with a sample 65 people. The variables used were Macronutrient Intake, Fiber, Cholesterol and Nutritional Status. The data collection method using accidental sampling was carried out by interviewing using a questionnaire tool in the form of questions to find out the Dietary Intake and Nutritional Status of Prolanis participants. Data analysis uses univariate analysis.

The results and discussion showed that the energy intake in the participants of Prolanis Karang Anyar Health Center was very insufficient (54.4%), less (29.4%), normal (14.7%), greater (1.5%), protein intake was very less (52.9%), less (38.2%), normal (2.9%), greater (5.9%), more fat intake (52.9%), normal (11.8%), moderate deficit (13.2%), moderate deficit (11.8%), weight deficit (10.3%), excess carbohydrate intake (1.5%), normal (10.3%), rinngan level deficit (11.8%), moderate deficit (11.8%), weight deficit (64.7%), as recommended >30 gr/day (22.1%) and not as recommended <30 gr/day (77.9%), normal cholesterol intake <200 gr/day (63.2%) and high $\geq$ 200 gr/day (36.8%), and nutritional status is very thin (5.9%), thin (13.2%), normal (55.9%), obese (11.8%), very obese (13.2%), very obese (13.2%). The suggestion in this study is that it is hoped that Prolanis participants pay more attention to their daily diet, especially in regulating the intake of macronutrients, fiber, and cholesterol.

Keywords : Macronutrient Intake, Fiber, Cholesterol and Nutritional
Status Reading list : 68 (2000-2025)