

**POLITEKNIK KESEHATAN TANJUNGPUR**

**JURUSAN GIZI**

**Tugas Akhir, Mei 2025**

Lekok Gustiani

**Gambaran Asupan Zat Gizi Makro, Zat Gizi Mikro serta Status Gizi Lansia di UPTD Pelayanan Sosial Lanjut Usia Tresna Werdha, Natar Tahun 2025**

xiv + 47 halaman + 11 tabel, 2 gambar + 6 lampiran

**ABSTRAK**

Kondisi kesehatan para lansia sering ditentukan dari tingkat kualitas serta kuantitas kecukupan asupan zat gizi. Tujuan dari penelitian ini adalah untuk mengetahui asupan zat gizi makro (energi, protein, lemak, karbohidrat), asupan serat, asupan zat gizi mikro (kalsium dan zat besi), serta status gizi lansia di Panti Jompo Tresna Werdha, Natar Tahun 2025.

Rancangan penelitian ini adalah jenis penelitian deskriptif. Sampel dalam penelitian ini berjumlah 45 orang responden. Variabel dalam penelitian ini yaitu asupan zat gizi makro, zat gizi mikro, dan status gizi lansia. Data yang digunakan pada penelitian ini berupa data primer yang dikumpulkan dengan cara wawancara dengan formulir food recall meliputi data asupan zat gizi makro, asupan serat, asupan zat gizi mikro, serta status gizi lansia yang diperoleh dengan cara pengukuran tinggi badan, panjang ulna dan penimbangan berat badan.

Berdasarkan hasil penelitian ini sebesar 84,4% responden memiliki asupan energi sangat kurang. 100% responden memiliki asupan protein sangat kurang. 97,8% responden memiliki asupan lemak sangat kurang. 82,2% responden memiliki asupan karbohidrat sangat kurang. 100% memiliki asupan serat, kalsium dan zat besi kurang. Dari pemantauan status gizi didapatkan 15,6% responden sangat kurus, 4,4% kurus, 53,3% normal, 8,9% overweight, dan 17,8% memiliki status gizi obesitas. UPTD PSLU Tresna Werdha Natar sebaiknya bekerjasama dengan petugas gizi puskesmas untuk mengadakan sosialisasi tentang pola makan dan pentingnya gizi seimbang guna mengedukasi lansia agar dapat mengonsumsi makanan yang beranekaragam, makanan yang sehat, dan selalu memantau tinggi badan serta berat badan supaya mencapai status gizi normal.

Kata kunci : asupan zat gizi makro, zat gizi mikro, status gizi

Daftar pustaka : 28 (1998-2023)

**TANJUNGKARANG HEALTH POLYTECHNIC**  
**NUTRITION DEPARTMENT**

**Final Project, Mei 2025**

Lekok Gustiani

**Description of Intake of Macro Nutrients, Micro Nutrients and Nutritional Status  
of the Elderly at UPTD Social Services for the Elderly Tresna Werdha, Natar 2025**

xiv + 47 pages + 11 table, 2 figures + 6 attachment

**ABSTRACT**

The health condition of the elderly is often determined by the quality and quantity of nutrient intake adequacy. The purpose of this study is to determine the intake of macronutrients (energy, protein, fat, carbohydrates), fiber intake, micronutrient intake (calcium and iron), and nutritional status of the elderly at Tresna Werdha Nursing Home, Natar 2025.

This study is a descriptive research design. The sample in this study consisted of 45 respondents. The variables in this study are macronutrient intake, micronutrient intake, and nutritional status of the elderly. The data used in this study are primary data collected through interviews using a food recall form, including data on macronutrient intake, fiber intake, micronutrient intake, and nutritional status of the elderly obtained through measurement of height, ulna length, and weight.

Based on the results of this study, 84.4% of respondents have very low energy intake. 100% of respondents have very low protein intake. 97.8% of respondents have very low fat intake. 82.2% of respondents have very low carbohydrate intake. 100% have low fiber, calcium, and iron intake. From monitoring the nutritional status, it was found that 15.6% of respondents were severely underweight, 4.4% were underweight, 53.3% had a normal nutritional status, 8.9% were overweight, 17.8% were obese. UPTD PSLU Tresna Werda Natar should collaborate with puskesmas nutrition staff to conduct socialization about diet and the importance of balanced nutrition to educate the elderly to consume diverse, healthy food, and always monitor their height and weight to achieve normal nutritional status.

**Keywords** : macronutrient intake, micronutrients, nutritional status

**References** : 28 (1998-2023)