

# HUBUNGAN KETEPATAN WAKTU DISTRIBUSI DAN DAYA TERIMA DENGAN SISA MAKANAN PASIEN NON DIET MENU MAKAN SIANG SIKLUS MENU KE 5 DI RUANG RAWAT INAP HALUAN RUMAH SAKIT PELABUHAN

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## Abstrak

Sisa makanan merupakan indikator keberhasilan pelayanan gizi di RS yang disesuaikan dengan kondisi pasien berdasarkan status gizi, klinis dan metabolisme tubuh. Faktor yang dapat mempengaruhi sisa makanan yaitu ketepatan waktu distribusi dan daya terima makanan pasien. Berdasarkan hasil studi pendahuluan yang dilakukan di Ruang Rawat Inap Haluan Rumah Sakit Pelabuhan diperoleh data sisa makanan pada bulan April sebesar 21%, dan Mei sebesar 23%. Penelitian ini bertujuan untuk mengetahui hubungan ketepatan waktu distribusi dan daya terima dengan sisa makanan pasien non diet menu makan siang siklus menu ke 5 di Ruang Rawat Inap Haluan Rumah Sakit Pelabuhan.

Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian deskriptif korelasional dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh pasien non diet di Ruang Rawat Inap Haluan Rumah Sakit Pelabuhan dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 28 orang. Pengumpulan data menggunakan lembar observasi. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *chi square* ( $\chi^2$ ).

Hasil uji statistik *chi square* ( $\chi^2$ ) diperoleh  $p$  value  $< \alpha$  (0,05) menunjukkan bahwa  $H_a$  diterima artinya terdapat hubungan antara ketepatan waktu distribusi dan daya terima terhadap sisa makanan siklus menu ke 5 menu makan siang pasien di Ruang Rawat Inap Haluan Rumah Sakit Pelabuhan.

Kata Kunci: Ketepatan Waktu Distribusi, Daya Terima, Sisa Makanan.

## Abstract

*Food waste serves as an indicator of successful nutritional services in hospitals, tailored to patients' conditions based on their nutritional status, clinical presentation, and metabolism. Factors influencing food waste include the timeliness of food distribution and patient food acceptance. A preliminary study conducted in the Class 3 Inpatient Room of Pelabuhan Hospital in May 2025 revealed that food waste data for April was 21%, and for May, it was 23%. This research aims to determine the relationship between the timeliness of food distribution and patient food acceptance with food waste from the 5th menu cycle of lunch for patients in the Class 3 Inpatient Room of Pelabuhan Hospital.*

*This research employed a quantitative descriptive correlational design with a cross-sectional approach. The study population consisted of all non-dietary patients in the Haluan Inpatient Room of Pelabuhan Hospital. Total sampling was used to select a sample of 28 individuals. Data collection was performed using observation sheets. Data analysis included univariate and bivariate analysis using the chi-square ( $\chi^2$ ) test.*

*The results of the chi-square ( $\chi^2$ ) statistical test showed a  $p$ -value  $< \alpha$  (0.05), indicating that  $H_a$  (the alternative hypothesis) was accepted, it means there is a relationship between the timeliness of food distribution and food acceptance with food waste from the 5th menu cycle of lunch for patients in the Class 3 Inpatient Room of Pelabuhan Hospital.*

*Keywords: Timeliness of Distribution, Food Acceptance, Food Waste.*