



ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH
DEPARTEMENT OF NUTRITION
UNDERGRADUATE THESIS, 11 MARCH 2017

ARPIN EKA SEPTIAWAN

THE RELATION BETWEEN TASTE AND APPEARANCE OF SOFT FOOD, CONDITION OF PATIENT WITH AN ADEQUACY LEVEL OF PATIENT IN INPATIENT CARE FACILITY GRADE 3 OF CEMPAKA PUTIH ISLAMIC HOSPITAL JAKARTA IN 2017

xvi, VI Chapters, 114 Pages, 20 Tables, 3 Pictures, 8 Attachments

Background: Implementation of hospital diet is very needed good service to assist acceleration of healing process, shortening the day of stay. If intake food which is obtained in patient from the menu presenting by hospital is not corresponding with the taste of respondent, so it can be affecting the patient behaviour to consume foods outside the hospital. This situation will cause nutrients intake of patient is not accordance with their needs. The improper food intake of patient will impact malnutrition in patient.

Objective: To figure out the relation of taste and appearance of soft food, condition of patient with an adequacy level of patient in inpatient care facility grade 3 in Cempaka Putih Islamic Hospital.

Methods: This research is cross sectional study analyzing by Chi Square. Sample of this study is Saturation Sampling consists of 41 respondents.

Results: Based on the taste of soft food, the respondents who argue that tasty enough (51,2%) with the level of energy sufficiency 48,8% (p value = 0,0001), the level of protein sufficiency 51,2% (p value = 0,0001, the level of fat sufficiency 51,2% (p value = 0,001) and tehe level of carbohydrate sufficiency 51,2% (p value = 0,0001). Based on the condition of patient is not impaired symptoms (28,5%) toward the level of energy sufficiency 36,6% (p value = 0,005), the level of protein sufficiency 43,9% (p value = 0,033), and the level of carbohydrate sufficiency 36,6% (p value = 0,005). *Chi-square* analyzing show there is a significant relation between taste of food, condition of patient with the level of nutrient sufficiency.

Conclusions: There is a relationship between taste of soft food and condition of patient with adequacy level of nutrients in patient and there is no relationship between appearance of soft food with adequacy level of patient. It is necessary to evaluate and renew of menu in one times annually in order to get varied menu so that the patients will not be bored of the foods and it can be increasing food intakes of patient toward the flavour receptivity of presented foods.

Keywords: Taste of soft food, appearance of soft food, condition of patient.

References: 93 (1990-2015).