

### **ABSTRAK**

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**Analisis Faktor-Faktor yang Mempengaruhi Biaya Sisa Makan pada Pasien Rawat Inap RSUP Dr. Kariadi Semarang  
xv +105 Halaman + 15 Tabel+ 2 Gambar + 8 Lampiran**

Salah satu indikator penilaian mutu pelayanan gizi adalah tidak boleh lebih dari 20% pasien yang menyisakan makanan di piringnya. Di RSUP Dr. Kariadi biaya makanan pasien yang diperlukan dalam setahun sekitar 20% dari dana operasional rumah sakit pertahun. Masih banyaknya sisa makanan yang ditinggalkan pasien mengakibatkan banyaknya biaya yang terbuang dari makanan tersebut, sehingga tujuan penelitian ini untuk menganalisis manajemen sisa makanan dan biaya yang terbuang dari sisa makanan pasien rawat inap kelas III di RSUP Dr. Kariadi Semarang.

Jenis penelitian kuantitatif analitik dengan pendekatan cross sectional dan jumlah sampel dalam penelitian ini sebanyak 100 responden. Variabel dependen dalam penelitian ini adalah sisa makanan pasien yang pengukurannya dilakukan dengan *visual comstock*, sedangkan variabel independen diantaranya umur, jenis kelamin, lama perawatan, persepsi tentang penampilan makanan, persepsi tentang rasa makanan, dan siklus menu. Pengumpulan data dilakukan menggunakan kuesioner yang telah dilakukan uji validitas dan reliabilitas, wawancara mendalam, serta software *nutrisurvey*. Pada penelitian ini uji statistik yang digunakan adalah uji normalitas, uji univariat, uji bivariat, serta uji multivariat dengan uji regresi logistik.

Hasil penelitian menunjukkan tidak ada hubungan antara variabel umur dengan sisa makanan biasa, sedangkan variabel yang berpengaruh terhadap sisa makanan adalah persepsi tentang tampilan makanan, jenis kelamin, persepsi tentang rasa makanan, lama rawat, dan siklus menu. Sisa makanan terbanyak terdapat pada jenis makanan lauk nabati. Rata-rata biaya yang terbuang dari sisa makanan sebesar Rp 6.960,- per orang perhari dengan biaya sisa makanan tertinggi pada jenis makanan sayur.

Hasil wawancara mendalam menunjukkan perencanaan makanan di RSUP Dr. Kariadi mengacu PGRS. Kebutuhan makanan direkap dan dilaporkan langsung ke perencanaan evaluasi RS. Pengadaan bahan makanan dilakukan setiap 4 bulan, kerjasama yang baik dan penggunaan APD oleh petugas dan makanan tertutup rapat menjadi jaminan kebersihan yang dilakukan. Indikator mutu makanan sesuai SPMRS, serta evaluasi rutin dilakukan tiap bulan guna menjamin indikator mutu pelayanan gizi tercapai.

Kata kunci : Sisa Makanan, Biaya Sisa Makanan, Faktor Sisa Makanan  
Kepustakaan : 53 (1992- 2016)

**ABSTRACT**

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**Analysis of Factors Influencing the Remaining Cost of The Meal on Patients of Inpatient Unit At Dr. Kariadi Central Public Hospital In Semarang**

**xv +105 pages + 15 tables + 2 figures + 8 appendices**

One of the assessment indicators of nutritional service quality is no more than 20% of patients who leave foods on their plate. At Dr. Kariadi Public Hospital, annual cost for patient' meal was about 20% of the operational funds of the hospital. Too much foods left by patients affected to the amount of wasted cost from that foods. The aim of this study was to analyse management of leftovers and wasted cost from the remains of a meal on patients of Inpatient Unit Class III at Dr. Kariadi Public Hospital in Semarang.

This was a quantitative-analytic study using cross-sectional approach. Number of samples were 100 respondents. The dependent variable was the remains of a patient's meal measured using visual comstock. On the other hand, the independent variables consisted of age, sex, length of treatment, perception of food appearance, perception of food taste, and menu cycle. Data collection used a questionnaire that had been tested for its validity and reliability. In addition, an indepth interview method and a software of nutrisurvey were also used to collect data. Statistical analyses used tests of normality, univariate, bivariate, and multivariate (logistic regression).

The results of this study showed that there was no significant relationship between age and the remains of a meal. In contrast, the variables of perception of food appearance, sex, perception of food taste, length of treatment, and menu cycle significantly influenced the uneaten remains of a meal. Mostly the uneaten foods were types of vegetable side dishes. Average wasted cost from the uneaten remains of a meal was Rp 6,960 per person per day with the highest cost for vegetable. The results of indepth interview demonstrated that a plan of foods at Dr. Kariadi Public Hospital referred to PGRS. Necessity of foods was recorded and reported directly to department of planning and evaluation of the hospital. Groceries were provided every four months. Good coordination and use of personal protective equipment by officers, and tightly closed foods could assure food sanitation quality. Indicators of food quality were in accordance with SPMRS. Evaluation was regularly done every month in order to guarantee the achievement of nutritional service quality indicators.

**Keywords:** Remains of a Meal, Cost of Remains of a Meal, Factor of Remains of a Meal

**Bibliography:** 53 (1992-2016)