

## ABSTRACT

The average of inpatient's plate waste of "Rumah Sakit Umum Haji Surabaya" during October until December 2007 was 15-25%. According to the previous research, this number was included into "large enough" category. The management of nutrition service is regarded as one of the main cause. Because of that reason, the objective of the study was to know the effect of management of nutrition service to the plate waste of inpatient's normal food.

This research was a cross sectional study between quality and quantity approach. Observation and questioner distribution was conducted to 30 in patients who received normal food. Subjects were selected by proportionate stratified simple random sampling. Indepth interviews were carried out to get more detailed information of researched variables. Independent variables were variables included in implementation of nutrition service, monitoring and evaluation, and also availability of external food.

The analysis was using Multiple Linear Regression showed that variables of implementation of nutrition service that affected the plate waste of inpatient's normal food were portion of main food ( $p=0,049$ ;  $\beta=0,327$ ), portion of vegetables protein ( $p=0,031$ ;  $\beta=0,255$ ), portion of fruit ( $p=0,005$ ;  $\beta=0,359$ ), the precise time of serving in the morning ( $p=0,044$ ;  $\beta=-0,661$ ), the readiness of eating utensil set ( $p=0,017$ ;  $\beta=-0,479$ ) and nutrition consultation in the evening ( $p=0,041$ ;  $\beta=-0,417$ ). In this research, monitoring and evaluation and also availability of external food did not affect the plate waste of inpatient's normal food.

The conclusion showed that the part of management of nutrition service that affected the plate waste of inpatient's normal food was implementation of nutrition service. All of the variables of implementation that affected the plate waste of inpatient's normal food were portion of food (main food, vegetables protein, and fruit), precise of serving time, readiness of eating utensil set, and nutrition consultation.

*Key words: plate waste of normal food, inpatient, management of nutrition service*

## ABSTRAK

Rata-rata sisa makanan pasien rawat inap Rumah Sakit Umum Haji Surabaya pada bulan Oktober s/d Desember 2007 adalah 15-25%. Berdasarkan penelitian terdahulu, jumlah ini termasuk kategori cukup banyak. Manajemen pelayanan gizi dianggap sebagai salah satu penyebabnya. Penelitian ini dilakukan untuk mengetahui pengaruh manajemen pelayanan gizi terhadap sisa makanan biasa pasien rawat inap Rumah Sakit Umum Haji Surabaya.

Penelitian dilaksanakan dengan rancangan *cross sectional* dengan menggunakan pendekatan kualitatif dan kuantitatif. Observasi dan pemberian kuesioner dilaksanakan pada 30 pasien rawat inap yang menerima makanan biasa. Subyek ditarik dari populasi dengan cara *proportionate stratified simple random sampling*. Wawancara mendalam dilakukan untuk mendapatkan informasi yang mendalam dari variabel-variabel yang diteliti. Variabel bebas dalam penelitian ini adalah variabel-variabel yang tergabung dalam implementasi pelayanan gizi, monitoring dan evaluasi, dan ketersediaan makanan dari luar.

Analisis menggunakan Regresi Linier Berganda menunjukkan bahwa variabel implementasi pelayanan gizi yang berpengaruh terhadap sisa makanan biasa adalah besar porsi makanan pokok ( $p=0,049$ ;  $\beta=0,327$ ), besar porsi lauk nabati ( $p=0,031$ ;  $\beta=0,255$ ), besar porsi buah ( $p=0,005$ ;  $\beta=0,359$ ), ketepatan waktu hidang pagi ( $p=0,044$ ;  $\beta=-0,661$ ), kelengkapan piranti makan sore ( $p=0,017$ ;  $\beta=-0,479$ ) dan pelaksanaan penyuluhan sore ( $p=0,041$ ;  $\beta=-0,417$ ). Dalam penelitian ini, monitoring dan evaluasi dan ketersediaan makanan dari luar tidak berpengaruh terhadap sisa makanan biasa pasien rawat inap.

Kesimpulan yang dapat ditarik adalah bagian manajemen pelayanan gizi yang berpengaruh terhadap sisa makanan biasa pasien rawat inap adalah implementasi pelayanan gizi. Meliputi besar porsi (makanan pokok, lauk nabati, dan buah), ketepatan waktu hidang pagi, kelengkapan piranti makan dan penyuluhan pada sore hari.

Kata kunci: sisa makanan biasa, pasien rawat inap, manajemen pelayanan gizi