ABSTRACT
SETTING UP A DESIGN FOR NUTRITIONAL INTERVENTION IN ELDERLY BY ANALYSIS OF EFFECT OF EATING HABIT ON QUALITY OF LIFE (CASE STUDY AT NUTRITION CLINIC OF OUT PATIENT UNIT AT DR. RAMELAN NAVY HOSPITAL)

Service on nutrition in a hospital is an activity to provide patients with appropriate nutrition in order to meet with the needs of body metabolism, improving health, as well as fixing metabolism defects in relation to preventive, curative, rehabilitative, and promotive efforts. This study was done with a purpose to compose a standardized guidance on nutrition for elderly based on analysis of effect of eating habit and physical activities on quality of life at Nutrition Clinic, Dr. Ramelan Navy Hospital, Surabaya. Specifically, the study analyzed the influence internal personal and external factors on the quality of life. Internal factors include sex, education, marital status, and occupation/profession as well as self efficacy. External factors include family and society supports. This observational research applied cross sectional framework to analyze the relationship between the given variables. The study was done at Nutrition Clinic, Dr. Ramelan Navy Hospital, Surabaya, from May to July 2013. Samples of the study are elderly with the age of ≥ 45 years old who came for treatment during the research at Nutrition Clinic, Dr. Ramelan Navy Hospital, Surabaya. The number of samples taken as respondents in this research is based on the average of elderly visits to Nutrition Clinic. Samples were taken by purposive sampling, that is, they were taken carefully by taking respondents who had specific characteristics as stated selectively. Based on the analysis, it is found that there is no policy yet on standardized guidance on nutrition specially designed for elderly. There is an effect of self efficacy on the eating habit of elderly, an effect of family support on the physical activity, an effect of obesity status on the quality of life, and an effect of eating habit, quality of diet, and physical activity on the quality of life. Based on the analysis above, it is recommended that standardized guidance on nutrition, especially for elderly, be set up in order to achieve the above preventive, curative, rehabilitative, and promotive efforts.

Key words: Nutrition on clinic, elderly, quality of life.