ABSTRACT

**HUBUNGAN PERILAKU MAKAN DAN *PERCEPTION OF AGING*
DENGAN STATUS NUTRISI LANSIA DI DAERAH PESISIR SURABAYA**
Penelitian *Cross-Sectional*

Oleh : Melli Maria br Limbong

Latar Belakang : Perilaku makan lansia berubah seiring dengan kecenderungan memilih makan lembut, perilaku makan tidak teratur, minim asupan nutrisi, sering konsumi tinggi garam dan lemak. Perilaku makan tersebut berhubungan dengan status nutrisi lansia.Perubahan tersebut sejalan dengan perubahan persepsi subjektif lansia terhadap proses penuaannya. Perubahan positif ataupun negatif mempunyai korelasi dengan kesehatan fisik dan psikologis.

Metode : Penelitian ini merupakan penelitian *cross sectional.* Populasi penelitian ini sebanyak 184 responden dan teknik pengambilan sampel menggunakan metode *Cluster Sampling.* Variabel independen penelitian ini adalah perilaku makan dan *perception of aging,* sedangkan variabel dependen adalah status nutrisi lansia. Data diperoleh menggunakan kuisioner dan kemudian dianalisis dengan menggunakan uji *spearman-rho* dengan tingkat signifikansi $<0{,}05$.

Hasil : Hasil uji spearman-Rho dengan hasil $p=0{,}000$ dan r= dengan korelasi (r) bersifat positif. Perilaku makan memiliki hubungan bermakna dengan status nutrisi dengan nilai $p=0{,}000$ dan $r= 0{,}331$ dengan korelasi (r) bersifat positif. *Perception of aging* mempunyai hubungan bermakna dengan status nutrisi dengan nilai $p=0{,}001$ dan $r= 0{,}236$ dengan korelasi positif.

Diskusi : Perilaku makan dan persepsi dengan penuaan mempunyai hubungan elderldengan status nutrisi. *Emotional eating, External Eating, Restrained Eating* mempunyai hubungan dengan status nutrisi, dan hasilnya *Emotional Eating* yang paling tinggi berhubungan dengan status nutrisi lansia. Persepsi dengan penuaan positif dan negatif mempunyai hubungan dengan status nutrisi.

Kata kunci : lansia, perilaku makan, persepsi penuaan, status nutrisi

ABSTRACT
CORRELATION OF EATING BEHAVIOR AND PERCEPTION OF AGING WITH THE NUTRITIONAL STATUS OF ELDERLY IN COASTAL AREAS SURABAYA
Cross-sectional

By: Melli Maria br Limbong

Background : Elderly eating behavior changes along with the tendency to choose soft eating, irregular eating behavior, minimal nutritional intake, often high salt, and fat consumption. The eating behavior is related to the nutritional status of the elderly. These changes are in line with changes in the subjective perception of the elderly towards the aging process. Positive or negative changes correlate with physical and psychological health.
Method: This research is a cross-sectional study. The population of the study was 184 respondents and the sampling technique used the cluster sampling method. The independent variables of this study are eating behavior and perception of aging, while the dependent variable is the nutritional status of the elderly. Data obtained using a questionnaire and then analyzed using the Spearman-rho test with a significance level <0.05.
Results: Spearman-Rho test results with results $p = 0,000$ and $r =$ with correlation (r) are positive. Eating behavior has a significant relationship with nutritional status with $p =$ and $r = 0.331$ with a positive correlation (r). Perception of aging has a significant relationship with nutritional status with $p = 0.001$ and $r = 0.236$ with a positive correlation.
Discussion: Eating behavior and perception with aging have a relationship with nutritional status. Emotional Eating, External Eating, Restrained Eating has a relationship with nutritional status, and the highest Emotional Eating results are related to the nutritional status of the elderly. Perception with positive and negative aging has a relationship with nutritional status

Keyword : elderly, eating behavior, perception of aging, nutritional status

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