ABSTRAK

TIANSI I. HASAN. Pengaruh Peran Keluarga terhadap Pemenuhan Kebutuhan Gizi pada Lansia di Desa Toyidito Kecamatan Pulubala Kabupaten Gorontalo. Dibimbing oleh Rona Febriyona sebagai ketua dan Andi Nur Aina Sudirman sebagai anggota.

Keluarga lansia masih sering mengabaikan kebutuhan gizi. Keluarga tidak menyadari bahwa pemberian nutrisi yang cukup bagi lansia sangat penting untuk kesehatan dan kualitas hidup mereka yang optimal. Tujuan penelitian untuk mengetahui pengaruh peran keluarga terhadap pemenuhan kebutuhan gizi pada Lansia di Desa Toyidito. Jenis penelitian kuantitatif pendekatan *cross sectional study.* Populasi adalah lansia di wilayah Desa Toyidito sebanyak 71 orang. Teknik pengambilan sampling yaitu *purposive sampling,* dengan jumlah sampel sebanyak 60 orang. Data dikumpulkan melalui kuesioner dan *food recall* 2 x 24 Jam. Analisis dilakukan menggunakan uji *Chi Square* (α= 0,05). Hasil penelitian menunjukkan sebagian besar peran keluarga baik (56,7%) dan pemenuhan kebutuhan gizi normal (61,7%). Hasil uji chi square X_2 hitung = 17,601 dan ρ *value* = 0,001. Peran keluarga memiliki dampak yang sangat penting terhadap pemenuhan asupan gizi pada lansia. Dalam konteks ini, keluarga berperan sebagai penyedia dukungan fisik, emosional, dan sosial yang dapat mempengaruhi pola makan dan asupan nutrisi lansia. Dalam melakukan perawatan terhadap lansia, setiap anggota keluarga memiliki peranan yang sangat penting salah satunya adalah membantu melakukan persiapan makanan bagi lansia. Persiapan makanan haruslah dengan memperhatikan gizi yang cukup. Disimpulkan ada pengaruh peran keluarga terhadap pemenuhan kebutuhan gizi pada lansia di desa Toyidito. Disarankan pada masyarakat untuk lebih memahami peran penting keluarga dalam pemenuhan kebutuhan gizi lansia. Keluarga dapat membantu dalam mempersiapkan makanan seimbang gizi, merencanakan menu harian, dan menjaga lingkungan makan yang positif.

Kata Kunci: Peran Keluarga, Pemenuhan Kebutuhan Gizi, Lansia.

ABSTRACT

TIANSI I. HASAN. The influence the Family Roles on Compliance the Nutritional Needs of the Elderly in Toyidito Village, Pulubala District, Gorontalo Regency. Supervised by RONA FEBRIYONA as chairman and ANDI NUR AINA SUDIRMAN as member.

Elderly families still often ignore nutritional needs. Families do not realize that providing adequate nutrition for the elderly is very important for their optimal health and quality of life. The aim of the research is to determine the influence of the family's role in compliance the nutritional needs of the elderly in Toyidito Village. This type of quantitative research is a cross sectional study approach. The population is 71 elderly people in the Toyidito Village area. The sampling technique was purposive sampling, with a sample size of 60 people. Data was collected through questionnaires and 2 x 24 hour food recalls. Analysis was carried out using the Chi Square test (α= 0,05). The results showed, most of the family's role was good (56.7%) and fulfilled normal nutritional needs (61.7%). The calculated chi square test results X2 = 17.601 and ρ value = 0.001. The role of the family has a very important impact on fulfilling nutritional intake in the elderly. In this context, the family plays a role as a provider of physical, emotional and social support which can influence the eating patterns and nutritional intake of the elderly. In caring for the elderly, each family member has a very important role, one of which is helping to prepare food for the elderly. Food preparation must pay attention to adequate nutrition. It was concluded that there was an influence of the role of the family on meeting the nutritional needs of the elderly in Toyidito village. It is recommended that the public better understand the important role of the family in meeting the nutritional needs of the elderly. Families can help in preparing nutritionally balanced meals, planning daily menus, and maintaining a positive eating environment.

Keywords: Family Role, A Compliance of Nutritional Needs