

ABSTRAK

Andrea Purba : Hubungan Asupan Zat Gizi Makro Dengan Status Gizi Penyandang Disabilitas Di Asrama Panti Asuhan Tunagrahita Santa Lusia Laut Dendang. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Berdasarkan data survei kesehatan Indonesia tahun 2023, prevalensi penyandang disabilitas mental di Indonesia pada penduduk ≥ 1 tahun, jumlah penyandang disabilitas tunagrahita (retardasi mental) adalah sebesar 0,3% , *down syndorm* 0,5%, dan *autism* adalah sebesar 0,2%. Prevalensi penyandang disabilitas mental di Provinsi Sumatera Utara pada penduduk ≥ 1 tahun, jumlah penyandang disabilitas tunagrahita (retardasi mental) adalah sebesar 0,4%, *down syndorm* 0,5%, dan *autism* adalah sebesar 0,2%. Berdasarkan hasil yang diperoleh ketika observasi ditemukan bahwa terdapat 50% penyandang disabilitas dengan status gizi tidak normal. Tujuan penelitian ini untuk mengetahui 1) Karakteristik responden 2) Asupan karbohidrat 3) Asupan protein 4) Asupan lemak 5) Hubungan asupan zat gizi makro dengan status gizi.

Penelitian ini dilaksanakan di Asrama Panti Asuhan Tunagrahita Santa Lusia Laut Dendang pada bulan Juni-Juli 2025. Penelitian ini menggunakan desain *cross sectional*. Sampel dalam penelitian ini adalah seluruh penyandang disabilitas di Asrama Panti Asuhan Tunagrahita Santa Lusia Laut Dendang sebanyak 50 orang. Teknik pengumpulan data menggunakan formulir *food weighing* 2x24 jam. Pengukuran status gizi berdasarkan antropometri yaitu pengukuran berat badan dengan menggunakan timbangan serta pengukuran tinggi badan menggunakan mikrotoise. Teknik analisis data menggunakan deskripsi data, Uji *Rank Spearman* dan Uji Regresi Logistik.

Berdasarkan hasil penelitian terdapat adanya hubungan yang positif dan signifikan antara asupan karbohidrat dengan status gizi ($r = 0,328$ dan $p\text{-value} = 0,020$). Pada variabel asupan protein dan lemak dinyatakan bahwa tidak terdapat hubungan yang signifikan dengan status gizi ($r = 0,257$ dan $p\text{-value} = 0,071$), ($r = 0,187$ dan $p\text{-value} = 0,194$). Namun, pada hasil uji regresi logistik tidak terdapat adanya hubungan antara asupan zat gizi makro yaitu asupan karbohidrat, asupan protein, asupan lemak dengan status gizi pada penyandang disabilitas di Asrama Panti Asuhan Tunagrahita Santa Lusia Laut Dendang.

Kata Kunci : Asupan karbohidrat, Asupan protein, Asupan lemak, Status gizi

ABSTRACT

Andrea Purba : *The Relationship Between Macronutrient Intake and Nutritional Status of People with Disabilities at the Saint Lusía Laut Dendang Orphanage for the Mentally Disabled. Thesis. Faculty of Engineering. State University of Medan. 2025.*

Based on data from the 2023 Indonesian health survey, the prevalence of people with mental disabilities in Indonesia among the population ≥ 1 year; the number of people with intellectual disabilities (mental retardation) is 0.3%, Down syndrome 0.5%, and autism is 0.2%. The prevalence of people with mental disabilities in North Sumatra Province in the population ≥ 1 year; the number of people with mental retardation is 0.4%, down syndrome 0.5%, and autism is 0.2%. Based on the results obtained during the observation, it was found that there were 50% of people with disabilities with abnormal nutritional status. The purpose of this study was to determine 1) Respondent characteristics 2) Carbohydrate intake 3) Protein intake 4) Fat intake 5) The relationship between macronutrient intake and nutritional status.

This research was conducted at the Santa Lusía Laut Dendang Orphanage for the Mentally Disabled in June-July 2025. This study used a cross-sectional design. The sample in this study were all people with disabilities in the Santa Lusía Laut Dendang Orphanage for the Mentally Disabled in the Dormitory, totaling 50 people. The data collection technique used a 2x24-hour food weighing form. Measurement of nutritional status based on anthropometry, namely measuring body weight using a scale and measuring body height using a microtoise. Data analysis techniques used data description, Spearman Rank Test and Logistic Regression Test.

Based on the results of the study, there is a positive and significant relationship between carbohydrate intake and nutritional status ($r = 0.328$ and $p\text{-value} = 0.020$). In the protein and fat intake variables, it was stated that there was no significant relationship with nutritional status ($r = 0.257$ and $p\text{-value} = 0.071$), ($r = 0.187$ and $p\text{-value} = 0.194$). However; in the results of the logistic regression test, there is no relationship between variable x (macronutrient intake) and variable y (nutritional status) in people with disabilities at the Santa Lusía Laut Dendang Mentally Disabled Orphanage.

Keywords: Carbohydrate intake, Protein intake, Fat intake, Nutritional status