

## ABSTRAK

**Tianchi Novita Sari Br. Sidabutar: *Hubungan Pola Konsumsi Makan dan Aktivitas Fisik dengan Status Gizi Lansia di Kecamatan Sunggal*. Skripsi. Fakultas Teknik Universitas Negeri Medan. 2023.**

Tujuan penelitian ini untuk mengetahui: 1) Karakteristik responden yaitu jenis kelamin, usia, pendidikan, pekerjaan, pendapatan, besar keluarga, status tinggal, dan status perkawinan; 2) Pola konsumsi makan lansia; 3) Aktivitas fisik lansia; 4) Status gizi lansia; 5) Hubungan pola konsumsi makan dengan status gizi lansia; 6) Hubungan aktivitas fisik dengan status gizi lansia; 7) Hubungan pola konsumsi makan dan aktivitas fisik dengan status gizi lansia. Waktu penelitian dilaksanakan mulai Agustus sampai Oktober 2022. Lokasi penelitian di Kecamatan Sunggal. Teknik pengambilan sampel dilakukan dengan cara *total sampling* dengan jumlah 36 orang. Desain penelitian *cross sectional*. Data karakteristik responden, data pola konsumsi makan, SQ-FFQ dan data aktivitas fisik dikumpulkan menggunakan kuesioner. Data status gizi dikumpulkan melalui penimbangan berat badan, pengukuran tinggi badan dan tinggi lutut. Teknik analisis data menggunakan deskriptif data uji korelasi *rank spearman* dan uji *regresi linier berganda*.

Berdasarkan hasil penelitian ini karakteristik responden yaitu jenis kelamin lansia sebagian besar perempuan, usia lansia termasuk kategori lansia muda, pendidikan lansia tamat SMP/SMA, jenis pekerjaan lansia bervariasi sebagian tidak bekerja, wiraswasta, pegawai swasta, pendapatan lansia termasuk kategori rendah, besar keluarga termasuk kategori keluarga kecil, status tinggal termasuk kategori tinggal bersama keluarga, status perkawinan lansia sudah menikah. Pola konsumsi makan lansia termasuk kategori sedang sebesar 55,56 persen. Aktivitas fisik lansia termasuk kategori aktivitas ringan sebesar 66,67 persen. Status gizi lansia termasuk kategori obesitas sebesar 55,56 persen. Hasil analisis uji korelasi *Rank Spearman* terdapat hubungan yang positif dan sangat signifikan antara pola konsumsi makan dengan status gizi lansia, dengan nilai koefisien korelasi sebesar 0,635 nilai *p-value* sebesar 0,000 pada taraf signifikan 0,05 artinya semakin baik pola konsumsi makan maka semakin baik status gizi lansia. Hasil analisis uji korelasi *Rank Spearman* terdapat hubungan yang positif dan sangat signifikan antara aktivitas fisik dengan status gizi lansia, dengan nilai koefisien korelasi sebesar 0,737 dan nilai *p-value* sebesar 0,000 pada taraf signifikan 0,05 artinya semakin tinggi aktivitas fisik maka semakin baik status gizi lansia. Hasil analisis regresi linier berganda terdapat hubungan yang positif dan sangat signifikan antara pola konsumsi makan dan aktivitas fisik dengan status gizi lansia ( $Y=6,377+0,771X_1+0,12X_2$ ), artinya semakin baik pola konsumsi makan dan semakin tinggi aktivitas fisik lansia maka semakin baik status gizi lansia.

## ABSTRACT

**Tianchi Novita Sari Br. Sidabutar: *Relationship between Dietary Consumption Patterns and Physical Activity with the Nutritional Status of the Elderly in Sunggal District.* Thesis. Faculty of Engineering, State University of Medan. 2023.**

The purpose of this study was to find out: 1) Characteristics of respondents, namely gender, age, education, occupation, income, family size, status of residence, and marital status; 2) Food consumption patterns of the elderly; 3) Physical activity of the elderly; 4) Nutritional status of the elderly; 5) The relationship between food consumption patterns and the nutritional status of the elderly; 6) The relationship between physical activity and the nutritional status of the elderly; 7) The relationship between food consumption patterns and physical activity with the nutritional status of the elderly. When the research was carried out from August to October 2022. This research will be conducted in Sunggal District. Sampling technique is done in a way *total sampling* with a total of 36 people. Research design *cross sectional*. Respondent characteristic data, food consumption pattern data, SQ-FFQ and physical activity data were collected using a questionnaire. Data on nutritional status were collected through weighing, measuring height and knee height. Data analysis techniques using descriptive correlation test data *rank spearman* and test *linear regression double*.

Based on the results of this study, the characteristics of the respondents were that the sex of the elderly was mostly female, the elderly were included in the young elderly category, the education of the elderly had graduated from junior high school/high school, the type of work the elderly varied, some were unemployed, self-employed, private employees, the income of the elderly was included in the low category, the size of the family included small family category, status of residence including the category of living with family, marital status of the elderly are married. The food consumption pattern of the elderly is in the moderate category at 55,56 percent. The physical activity of the elderly is included in the light activity category of 66,67 percent. The nutritional status of the elderly is included in the obesity category of 55,56 percent. Correlation test analysis results *Rank Spearman* there is a positive and very significant relationship between food consumption patterns and the nutritional status of the elderly, with a correlation coefficient value of 0,635 *p-value* of 0,000 at a significant level of 0,05. Correlation test analysis results *Rank Spearman* there is a positive and very significant relationship between physical activity and the nutritional status of the elderly, with a correlation coefficient of 0,737 and a value *p-value* of 0,000 at a significant level of 0,05. The results of multiple linear regression analysis found a positive and very significant relationship between food consumption patterns and physical activity with the nutritional status of the elderly ( $Y=6,377+0,771X_1+0,12X_2$ ), meaning that the better the pattern of food consumption and the higher the physical activity of the elderly, the more good nutritional status of the elderly.