

Perbedaan Kualitas Hidup Berdasarkan Status Gizi pada Lansia

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ABSTRAK

Latar belakang: Lansia merupakan kelompok usia rentan mengalami penurunan kualitas hidup akibat perubahan fisik, psikologis, sosial, dan lingkungan, yang dipengaruhi oleh status gizi sebagai salah satu faktor penting dalam setiap aspeknya.

Tujuan: Penelitian ini bertujuan untuk mengkaji perbedaan antara kualitas hidup, domain fisik, psikologis, sosial, dan lingkungan berdasarkan status gizi pada lansia.

Metode: Penelitian ini menggunakan desain *cross-sectional* dengan 66 subjek lansia yang dipilih menggunakan *stratified random sampling* dari Wisma Lansia Harapan Asri dan Panti Wreda Elim, Kota Semarang. Status gizi diukur menggunakan pengukuran LiLA dengan instrumen pita LiLA, kemudian dihitung berdasarkan nilai persentil LiLA. Kualitas hidup diukur menggunakan kuesioner *World Health Organization Quality of Life-Bref* (WHOQOL-BREF) yang terdiri dari 26 item dengan skala 1-5. Analisis statistik menggunakan uji *Kruskal-Wallis*.

Hasil: Penelitian ini menunjukkan subjek memiliki kualitas hidup baik dan buruk 54,5% dan 45,5%, domain fisik baik dan buruk 56,1% dan 43,9%, domain psikologis baik dan buruk 24,2% dan 75,8%, domain sosial baik dan buruk 66,7% dan 33,3%, domain lingkungan baik dan buruk 62,1% dan 37,9%. Ada perbedaan signifikan kualitas hidup berdasarkan status gizi lansia pada beberapa domain, yaitu domain fisik ($p = 0,015$), sosial ($p = 0,007$), lingkungan ($p = 0,043$), dan kualitas hidup total ($p = 0,001$). Sementara itu, tidak ada perbedaan signifikan domain psikologis berdasarkan status gizi pada lansia ($p = 0,137$).

Simpulan: Terdapat perbedaan kualitas hidup, domain fisik, sosial, dan lingkungan berdasarkan status gizi pada lansia. Sebaliknya, tidak terdapat perbedaan domain psikologis berdasarkan status gizi pada lansia.

Kata kunci: lansia, status gizi, kualitas hidup, domain WHOQOL-BREF

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Differences in Quality of Life Based on Nutritional Status Among the Elderly
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ABSTRACT

Background: The elderly are a vulnerable age group prone to a decline in quality of life due to physical, psychological, social, and environmental changes, which are influenced by nutritional status as a key factor in each of these aspects.

Objective: This study aimed to examine the differences in overall quality of life and its physical, psychological, social, and environmental domains based on nutritional status among the elderly.

Methods: This study employed a cross sectional design involving 66 elderly subjects selected using stratified random sampling from Wisma Lansia Harapan Asri and Panti Wreda Elim in Semarang City. Nutritional status was assessed using Mid-Upper Arm Circumference (MUAC) measurements with a MUAC tape, and the result were calculated based on MUAC percentile values. Quality of life was measured using the World Organization Quality of Life-Bref (WHOQOL-BREF) questionnaire, which consists of 26 items rated on a 1-5 scale. Statistical analysis was conducted using the Kruskal-Wallis test.

Results: The study showed that 54% of subjects had good quality of life, while 45,5% had poor quality of life. For the physical domain, 56,1% had good scores and 43,9% had bad poor scores; psychological domain: 24,2% good, 75,8% poor; social domain: 66,7% good, 33,3% poor; environmental domain: 62,1% good, 37,9% poor. There were significant differences in quality of life based on nutritional status in the physical domain ($p = 0,015$), social domain ($p = 0,007$), environmental domain ($p = 0,043$), and total quality of life ($p = 0,001$). However, there was no significant difference in the psychological domain based on nutritional status ($p = 0,137$).

Conclusion: There were significant differences in quality of life, as well as in the physical, social, and environment domains, based on the nutritional status of the elderly. In contrast, no significant difference was found in the psychological domain.

Keywords: elderly, nutritional status, quality of life, WHOQOL-BREF domains

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