

## **Hubungan Asupan Makronutrien dan Tingkat Depresi dengan Status Gizi Lansia di Panti Wreda**

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### **ABSTRAK**

**Latar Belakang:** Pertumbuhan penduduk lansia meningkat pesat, terutama di Indonesia, yang berdampak pada meningkatnya masalah kesehatan seperti malnutrisi akibat perubahan fisik dan psikologis yang memengaruhi status gizi. Proses penuaan menyebabkan penurunan metabolisme, nafsu makan, serta gangguan psikologis seperti depresi. Kehidupan di panti wreda dengan aktivitas terbatas dan suasana sosial yang berubah juga dapat memengaruhi asupan makanan dan status gizi lansia.

**Tujuan :** Penelitian ini bertujuan untuk menganalisis hubungan asupan makronutrien dan tingkat depresi dengan status gizi lansia di panti wreda

**Metode :** Studi kuantitatif dengan menggunakan desain *cross-sectional*. Jumlah sampel sejumlah 64 subjek. Data asupan makronutrien diperoleh melalui wawancara menggunakan *Recall 24-h* selama 3 hari. Tingkat depresi menggunakan *Geriatric Depression Scale*. Analisis bivariat menggunakan uji Kendall's Tau dan analisis multivariat dengan uji regresi ordinal.

**Hasil :** Terdapat hubungan signifikan antara asupan makronutrien karbohidrat ( $p = 0,043$ ) dan lemak ( $p = 0,043$ ), tingkat depresi ( $p = 0,000$ ) dengan status gizi lansia. Namun, tidak terdapat hubungan signifikan antara asupan protein ( $0,411$ ) dengan status gizi lansia.

**Simpulan :** Terdapat hubungan antara asupan makronutrien (asupan karbohidrat dan asupan lemak) dan tingkat depresi dengan status gizi lansia tetapi tidak ada hubungan antara asupan makronutrien protein dengan status gizi lansia.

**Kata Kunci : Lansia, Asupan Makronutrien, Tingkat Depresi, Panti Wreda**

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***Relationship between Macronutrient Intake and Depression Level with the Nutritional Status of the elderly in Nursing Homes***

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**ABSTRACT**

**Background:** *The elderly population increased rapidly, especially in Indonesia, which led to a rise in health problems such as malnutrition due to physical and psychological changes that affected nutritional status. The aging process caused a decline in metabolism, appetite, and psychological well-being, including depression. Living in nursing homes with limited activities and changing social environments also affected food intake and the nutritional status of the elderly.*

**Objective:** *This study aimed to determine the relationship between macronutrient intake and depression levels with the nutritional status of elderly individuals in nursing homes.*

**Methods:** *This was a quantitative study using a cross-sectional design. A total of 64 subjects were included. Macronutrient intake data were obtained through interviews using a 3-day 24-hour dietary recall. Depression levels were assessed using the Geriatric Depression Scale. Bivariate analysis was performed using Kendall's Tau test, and multivariate analysis was conducted using ordinal regression.*

**Result :** *There was a significant relationship between macronutrient intake of carbohydrates ( $p = 0.043$ ) and fats ( $p = 0.043$ ), as well as depression level ( $p = 0.000$ ), with the nutritional status of the elderly. However, there was no significant relationship between protein intake ( $p = 0.411$ ) and the nutritional status of the elderly.*

**Conclusion :** *There was a relationship between macronutrient intake (carbohydrate and fat intake) and depression level with the nutritional status of the elderly, but no relationship was found between protein intake and nutritional status.*

**Keyword:** *Elderly, Macronutrient Intake, Depression Level, Nursing Home*

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