

## **ABSTRACT**

**Puput Melianti 3001110334**

**The Relation between Eating Pattern and Nutritional Status in the Elderly in Lorok Pakjo Urban Village, Working Area of Wilayah Kerja Puskesmas Kampus Palembang Tahun 2015.**

**SKRIPSI**

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Keywords : Eating Pattern, Nutritional Status, Old Age  
(xvi+53 pages+7 tables+3 figures+1 scheme+12 appendices)

Improving life expectancy every year in Indonesia causes an increase of elderly population. The improvement of life expectancy is due to the improvement of the social condition of the society. Meanwhile, eating pattern and very abnormal nutritional status of elderly people is due to lack of physical activity, overeating, and lack of elderly people's knowledge on proper eating pattern and nutritional status. This study was aimed to discover the eating pattern and nutritional status of the elderly people in Lorok Pakjo Urban Village, Working area of Campus Public Health Center, Palembang. The research type used was analytical method with cross sectional design. Sampling was done using purposive sampling design with total sample 70 elderly people in Lorok Pakjo Urban Village, Working area of Campus Public Health Center, Palembang. Data was collected by interview and anthropometry measurement (Body Weight, Body Height). The result of this study showed that 6(16,2%) of 37 respondents with unhealthy eating pattern had poor nutritional status and 31 (83,8%) of 37 respondents with healthy eating pattern and poor nutritional value were 3 (91,1%) of 33 respondents, and 30 (90,9%) of 33 had healthy eating pattern and good nutritional status. The result of chi square test ( $\alpha=0,05$ ) showed no significant relation between eating pattern and nutritional status with  $p=0,485$ . Therefore the Public Health Center should give interesting socializations using media (flipcharts, leaflets) and apply health promotion on the elderly, especially on eating pattern and nutritional status.

**Bibliography : 25 (2004-2014)**