

The Relationship Between Levels of Loneliness and Stress and Levels of Food Consumption in Elderly People at UPT PSTW Magetan

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ABSTRACT

Elderly people are a vulnerable group and often experience various health issues. One common problem is psychosocial issues such as loneliness. Loneliness in the elderly is often caused by feelings of isolation or differences with peers, which can impact nutritional aspects due to decreased appetite. Besides loneliness, stress is also a psychological problem in the elderly. Stress can affect physical conditions, including changes in appetite, and even trigger eating disorders such as Anorexia Nervosa or obesity. The aim of this research is to determine the relationship between loneliness and stress with food intake in the elderly. This is an observational study with a cross-sectional design. Sampling was done using simple random sampling technique with a sample size of 40 individuals. The research was conducted at UPT PSTW Magetan, and data were collected using the UCLA Loneliness Scale Version 3 questionnaire to measure loneliness levels, the Depression Anxiety Stress Scale (DASS) 42 questionnaire to measure stress levels, and food weighing to measure food intake. Statistical analysis was conducted using the SPSS application with Fisher test. Based on the analysis, it was found that there is a relationship between loneliness ($p=0,033$) and no relationship with stress ($p=0,701$) with food intake in the elderly. The recommendation from this research is for the elderly to consume the provided food at UPT PSTW Magetan to ensure adequate intake and prevent malnutrition and for UPT PSTW Magetan to provide food according to the Nutritional Adequacy Rate (AKG).

Keywords: Loneliness, Stress, and Food Intake