

Hubungan Faktor Internal dan Faktor Eksternal dengan Tingkat Konsumsi dan Status Gizi Pasien Hipertensi di Rawat Inap Rumah Sakit Umum Kaliwates Jember (*The Correlation of Internal Factor and External Factors with Consumption Level and Nutritional Status of Hypertension Patients at Inpatient General Hospital Kaliwates Jember*)

Bernaz Pandu Husna
Study Program of Nutrition Clinic
Majoring of Health
Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

Consumption level and nutritional status are an important part of patients undergoing hospitalization with hypertension. Both are affected by internal factors and external factors. Internal factors of the patient include eating habits and the patient's appetite. While external factors of the patient include the taste of food. The study was conducted for 2 months from November 1 to December 31, 2016 at General Hospital Kaliwates Jember. The number of respondents is 19 people. The type of research used is observational with cross sectional design. Collection of result was done with Food Recall form, Food Frequency Questioner form, Simplified Nutritional Appetite Questioner form, food taste form and nutritional status measurement. The conclusion of the research are there was no correlation between eating habits with energy consumption level ($p=0,319$), fat consumption level ($p=0,549$), carbohydrate consumption level ($p=1,000$), and sodium consumption level ($p=0,763$). There was correlation of eating habits with nutritional status ($p=0,000$). There was correlation between appetite with energy consumption level ($p=0,001$), fat consumption level ($p=0,018$), carbohydrate consumption level ($p=0,000$) and sodium consumption level ($p=0,020$). There was no correlation between appetite with nutritional status ($p=0,553$). There was correlation between the taste of food with energy consumption level ($p=0,000$), fat consumption level ($p=0,002$), carbohydrate consumption level ($p=0,000$), and sodium consumption level ($p=0,000$). There was no correlation between the taste of food with nutritional status ($p=0,488$).

Keywords: *Appetite, Consumption Level, Eating Habits, Nutritional Status, Taste of Food.*