

**THE RELATIONSHIP BETWEEN NUTRITIONAL
KNOWLEDGE FAMILY SUPPORT AND PLATE WASTE OF
HIGH CALORIE HIGH PROTEIN REGULAR DIETS IN
INPATIENTS AT KALIWATES GENERAL HOSPITAL JEMBER**

Mentor (Ratih Putri Damayati, S.Gz., M.Si, Dietisien)

Jihan Fatimatus Azzahro

*Clinical Nutrition Study Program
Department of Health*

ABSTRACT

Hospital nutrition services play an important role in meeting patients' nutritional requirements during hospitalization. Uneaten food may result in inadequate energy and protein intake, potentially delaying the recovery process. This study aimed to analyze the factors associated with plate waste among hospitalized patients at RSU Kaliwates Jember. This study employed a cross-sectional design involving 50 respondents selected using cluster sampling and simple random sampling techniques. Data were collected through questionnaires and direct measurement of plate waste using the food weighing method. Data were analyzed using univariate analysis and bivariate analysis with the Chi-Square and Fisher's Exact tests. The results showed that most respondents had plate waste below 20%, good nutritional understanding, and good family support. Statistical analysis indicated that nutritional understanding was not significantly associated with plate waste ($p = 0.555$), whereas family support was significantly associated with plate waste ($p = 0.008$). These findings suggest that adequate food consumption during hospitalization is influenced not only by patients' understanding of nutrition but also by the involvement of family members in providing motivation, attention, and assistance throughout the treatment period. Therefore, improving the quality of hospital nutrition services should involve family participation as part of a comprehensive strategy to optimize patients' dietary intake and support their recovery process.

Keywords: nutritional intake, hospitalization, food weighing, energy intake, patient recovery.