

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2025**

ABSTRAK

**OLGA DILA PRAMUDIA PUTRI
HUBUNGAN KEPUASAN PASIEN TERHADAP CITA RASA DAN
PENYAJIAN MAKANAN DENGAN SISA MAKANAN DIET LUNAK (Studi
Observasional pada Pasien Ruang Rawat Inap Non-VIP di RSUD Ciamis
Tahun 2024)**

Kekurangan gizi sering dialami oleh pasien selama menjalani perawatan, salah satunya akibat kurang optimalnya pelayanan gizi di rumah sakit. Kondisi ini dapat dilihat dari tingginya jumlah sisa makanan diet lunak pada pasien rawat inap, yang mengindikasikan bahwa penyajian serta cita rasa makanan masih belum mencapai kualitas yang baik. Cita rasa mencakup warna, bentuk, tekstur, porsi, aroma, bumbu, tingkat kematangan, penampilan, dan suhu, sementara penyajian makanan meliputi waktu penyajian dan kebersihan alat makan. Penelitian ini bertujuan untuk menganalisis kepuasan pasien terhadap cita rasa dan penyajian makanan serta hubungannya dengan sisa makanan diet lunak di ruang rawat inap non-VIP RSUD Ciamis tahun 2024. Penelitian ini menggunakan desain *cross-sectional* dengan 125 pasien dewasa (19–64 tahun) yang dipilih melalui metode *quota sampling*. Data kepuasan dikumpulkan melalui kuesioner, sedangkan sisa makanan dihitung menggunakan metode *food weighing*. Analisis uji *Chi-Square* dengan tingkat signifikansi 95%. Hasil penelitian sebagian besar pasien menyisakan makanan kategori sedikit (70,4%). Kepuasan tertinggi dalam cita rasa adalah aroma (87,2%), sedangkan terendah pada suhu makanan (34,4%). Dalam penyajian, kebersihan alat makan memiliki kepuasan tertinggi (99,2%), dan ketepatan waktu penyajian terendah (96,8%). Hubungan signifikan kepuasan terhadap cita rasa dan sisa makanan ($p=0,012$), tetapi tidak dengan penyajian makanan ($p=0,886$). Kesimpulannya, cita rasa makanan berpengaruh nyata terhadap sisa makanan pasien. Instalasi gizi RSUD Ciamis perlu menjaga suhu makanan tetap stabil selama distribusi untuk meningkatkan kepuasan pasien.

Kata Kunci: cita rasa, diet lunak, penyajian, sisa makanan

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITION STUDY PROGRAM
2025**

ABSTRACT

***THE RELATIONSHIP BETWEEN FLAVOR AND FOOD PRESENTATION'S
PATIENT SATISFACTION AND FOOD WASTE IN SOFT FOOD DIETS
(Observational Study on Non-VIP Inpatients at Ciamis District Hospital in 2024)
OLGA DILA PRAMUDIA PUTRI***

Malnutrition is frequently experienced by patients during hospitalization, partly due to the suboptimal nutritional services provided in hospitals. This condition is evident from the high amount of leftover soft diet food among inpatients, indicating that the presentation and taste of the food have not yet reached a satisfactory quality. Taste encompasses aspects such as color, shape, texture, portion size, aroma, seasoning, level of doneness, appearance, and temperature, while food presentation includes serving time and the cleanliness of eating utensils. This study aims to analyze patient satisfaction with food taste and presentation and their relationship with leftover soft diet food in the non-VIP inpatient ward of RSUD Ciamis in 2024. The study employed a cross-sectional design with 125 adult patients (aged 19–64 years) selected using the quota sampling method. Satisfaction data was collected through questionnaires, while food waste was measured using the food weighing method. Chi-Square test analysis with 95% significance level. The results showed that most patients left little food (70.4%). The highest satisfaction in taste was aroma (87.2%), while the lowest was food temperature (34.4%). In presentation, cleanliness of cutlery had the highest satisfaction (99.2%), and timeliness of serving was the lowest (96.8%). There was a significant relationship between satisfaction with taste and food waste ($p=0.012$), but not with food presentation ($p=0.886$). In conclusion, the taste of food had a significant effect on patient food waste. The nutrition installation of RSUD Ciamis needs to keep the food temperature stable during distribution to increase patient satisfaction.

Keywords: *flavor, food waste, presentation, soft food diet*