

ABSTRAK

CIK PUAN MAHARANI ISLAM. Gambaran Indeks Masa Tubuh (IMT), Massa Lemak dan Massa Otot Pada Lansia di UPT. PSTW Khusnul Khotimah Dinas Sosial Provinsi Riau. Dibimbing oleh Roziana, SST, M.Gizi dan Yessi Marlina, S.Gz, MPH, Dietisien.

Perubahan komposisi tubuh yang terdiri dari massa lemak dan massa otot serta indeks massa tubuh umum terjadi pada lansia. Terjadinya perubahan pada massa otot serta lemak akibat proses penuaan dikaitkan dengan terjadinya perubahan status fungsional atau tingkat kemandirian pada lansia. Penelitian ini bertujuan untuk mengetahui gambaran indeks massa tubuh (IMT), massa lemak dan massa otot lansia di unit pelayanan terpadu panti sosial tresna werdha khusnul khotimah Provinsi Riau. Jenis penelitian ini adalah deskriptif dengan desain *cross sectional*. Populasi pada penelitian ini yaitu lansia di panti sosial khusnul khotimah. Metode sampling menggunakan teknik *purposive sampling* dengan kriteria inklusi yaitu lansia yang berumur ≥ 60 tahun dan mampu berjalan secara mandiri, sedangkan kriteria eksklusi yaitu lansia yang mengalami gangguan pendengaran. Jumlah sampel pada penelitian ini berjumlah 43 sampel. Data indeks massa tubuh diperoleh dengan melakukan penimbangan berat badan dan pengukuran estimasi tinggi badan dengan panjang ulna. Data massa lemak dan massa otot diperoleh dengan pengukuran menggunakan *Bioelectrical Impedance Analysis* (BIA). Hasil penelitian ini menunjukkan 46,5% lansia memiliki berat badan kurang, 32,6% lansia memiliki berat badan lebih, dan 20,9% lansia memiliki berat badan normal. Sebanyak 60,5% lansia dengan massa lemak normal, 18,6% lansia dengan massa lemak tinggi, 11,6% lansia dengan massa lemak sangat tinggi, dan 9,3% lansia dengan massa lemak rendah. Berdasarkan hasil massa otot didapatkan sebanyak 53,5% lansia dengan massa otot rendah dan 46,5% massa otot normal. Disarankan bagi Pelayanan Panti Sosial Tresna Werdha dapat mempertahankan dan meningkatkan pelayanan yang diberikan dalam menjaga kesehatan fisik dan psikis lansia, serta tetap memberikan pelayanan konseling kesehatan bagi para lansia secara optimal.

Kata kunci : indeks massa tubuh (IMT), massa lemak, massa otot, BIA

ABSTRACT

CIK PUAN MAHARANI ISLAM. Description of Body Mass Index (BMI), Fat and Mass Muscle Mass in the Elderly at UPT. PSTW Khusnul Khotimah Social Service of Riau Province. Supervised by Roziana, SST, M.Gizi and Yessi Marlina, S.Gz, MPH, Dietitian.

Changes in body composition consisting of fat mass and muscle mass as well as body mass index are common in the elderly. The occurrence of changes in muscle mass and fat due to the aging process is associated with changes in functional status or level of independence in the elderly. This study aims to determine the description of body mass index (BMI), fat mass and muscle mass of the elderly in the integrated service unit of the Tresna Werdha Khusnul Khotimah social home in Riau Province. This type of research is descriptive with a cross-sectional design. The population in this study were the elderly in the Khusnul Khotimah social home. The sampling method used purposive sampling technique with inclusion criteria, namely elderly aged ≥ 60 years and able to walk independently, while the exclusion criteria were elderly with hearing impairment. The number of samples in this study was 43 samples. Body mass index data were obtained by weighing and measuring estimated height with ulna length. Fat mass and muscle mass data were obtained by measuring using Bioelectrical Impedance Analysis (BIA). The results of this study showed that 46.5% of elderly were underweight, 32.6% of elderly were overweight, and 20.9% of elderly had normal weight. A total of 60.5% of elderly had normal fat mass, 18.6% of elderly had high fat mass, 11.6% of elderly had very high fat mass, and 9.3% of elderly had low fat mass. Based on the results of muscle mass, 53.5% of elderly had low muscle mass and 46.5% had normal muscle mass. It is recommended that the Tresna Werdha Social Services can maintain and improve the services provided in maintaining the physical and mental health of the elderly, and continue to provide optimal health counseling services for the elderly.

Keywords : body mass index (BMI), fat mass, muscle mass, BIA