

## FACULTY OF MEDICINE AND HEALTH SCIENCES

### MUHAMMADIYAH UNIVERSITY OF MAKASSAR

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**“RISK FACTORS AFFECTING MALNUTRITION IN THE ELDERLY AT  
SAMAENRE COMMUNITY HEALTH  
CENTER IN 2025”**

#### ABSTRAK

**Latar belakang:** Malnutrisi merupakan masalah kesehatan serius pada lanjut usia (lansia) yang dipicu oleh proses degeneratif fisiologis maupun faktor psikososial, yang berdampak pada penurunan kualitas hidup dan peningkatan morbiditas. Puskesmas Samaenre sebagai salah satu fasilitas pelayanan kesehatan primer perlu mengidentifikasi faktor-faktor risiko spesifik guna menentukan strategi intervensi yang tepat. **Tujuan:** Penelitian ini bertujuan untuk menganalisis faktor risiko (usia, jenis kelamin, pendidikan, penyakit penyerta, aktivitas fisik, dan status psikologis) yang memengaruhi kejadian malnutrisi pada lansia di wilayah kerja Puskesmas Samaenre. **Metode:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian terdiri dari 96 lansia yang dipilih menggunakan teknik *simple random sampling*. Instrumen yang digunakan adalah *Mini Nutritional Assessment-Short Form* (MNA-SF) untuk menilai status nutrisi, kuesioner depresi untuk menilai status psikologis, serta kuesioner aktivitas fisik. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. **Hasil:** Hasil penelitian menunjukkan bahwa mayoritas responden mengalami risiko malnutrisi. Uji statistik menunjukkan terdapat hubungan yang signifikan antara usia ( $p=0,000$ ), aktivitas fisik ( $p=0,000$ ), dan status psikologis/depresi ( $p=0,000$ ) terhadap kejadian malnutrisi. Sebaliknya, tidak terdapat hubungan signifikan pada variabel jenis kelamin ( $p=0,494$ ), tingkat pendidikan ( $p=0,695$ ), dan penyakit penyerta ( $p=0,141$ ). **Kesimpulan:** Kesimpulan penelitian ini menunjukkan bahwa faktor usia lanjut, keterbatasan aktivitas fisik, dan tingkat depresi merupakan faktor risiko dominan yang memengaruhi malnutrisi pada lansia. Penelitian ini diharapkan dapat menjadi dasar bagi pihak Puskesmas dalam meningkatkan program skrining gizi dan dukungan psikososial bagi lansia. Disarankan adanya penelitian lanjutan dengan metode prospektif untuk mengevaluasi intervensi gizi secara lebih mendalam.

**Kata kunci:** Malnutrisi, Lansia, Faktor Risiko, Puskesmas Samaenre.

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#### **ABSTRACT**

**Background:** Malnutrition is a significant health concern among the elderly, driven by physiological degenerative processes and psychosocial factors, leading to decreased quality of life and increased morbidity. Samaenre Community Health Center, as a primary healthcare facility, needs to identify specific risk factors to determine appropriate intervention strategies. **Objective:** This study aimed to analyze the risk factors (age, gender, education, comorbidities, physical activity, and psychological status) affecting the incidence of malnutrition among the elderly in the working area of Samaenre Community Health Center. **Methods:** An analytic observational study with a cross-sectional design was conducted. The study sample consisted of 96 elderly individuals selected using simple random sampling. The instruments used were the Mini Nutritional Assessment-Short Form (MNA-SF) to assess nutritional status, a depression questionnaire for psychological status, and a physical activity questionnaire. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. **Result:** The results showed that the majority of respondents were at risk of malnutrition. Statistical analysis indicated a significant relationship between age ( $p=0.000$ ), physical activity ( $p=0.000$ ), and psychological status/depression ( $p=0.000$ ) with the incidence of malnutrition. Conversely, no significant relationship was found for gender ( $p=0.494$ ), education level ( $p=0.695$ ), and comorbidities ( $p=0.141$ ). **Conclusion:** This study concludes that advanced age, limited physical activity, and depression levels are dominant risk factors affecting malnutrition in the elderly. These findings are expected to serve as a basis for the health center to enhance nutritional screening programs and psychosocial support for the elderly. Further research using prospective methods is recommended to evaluate nutritional interventions more deeply.

**Keywords:** Malnutrition, Elderly, Risk Factors, Samaenre Community Health Center.