

## **BAB 7**

### **KESIMPULAN DAN SARAN**

#### **7.1 Kesimpulan**

Profil geriatri status kognitif terbanyak yaitu gangguan kognitif, status fungsional terbanyak yaitu ketergantungan ringan, dan sebagian besar responden tidak mengalami depresi. Tingkat asupan protein terbanyak yaitu normal dan responden mengkonsumsi makanan yang mengandung protein setiap hari. Status gizi berdasarkan MNA didapatkan pada sebagian besar responden normal. Status gizi dipengaruhi oleh status kognitif dan status fungsional. Sebagian besar responden dengan gangguan kognitif dan ketergantungan ringan meningkatkan terjadinya risiko malnutrisi. Pada penelitian ini sebagian besar responden tidak mengalami depresi, tingkat asupan protein normal, dan frekuensi makan baik sehingga status gizi normal lebih banyak daripada status gizi lain. Kadar albumin terbanyak yaitu kadar albumin normal, yang sesuai dengan status gizi normal. Terdapat hubungan antara status gizi dengan kadar albumin.

## **7.2 Saran**

Berdasarkan penelitian yang telah dilakukan, ada beberapa saran untuk penelitian selanjutnya, antara lain:

### **7.2.1 Bagi Institusi Griya Santo Yosef**

1. Menambah tenaga gizi untuk mengatur kecukupan gizi usia lanjut.
2. Melakukan tindak lanjut untuk usia lanjut dengan risiko malnutrisi dan malnutrisi.

### **7.2.2 Bagi Usia lanjut di Griya Santo Yosef Surabaya**

1. Usia lanjut dengan risiko malnutrisi dan malnutrisi dapat memperbaiki pola makan dengan meningkatkan konsumsi lauk hewani dan susu.
2. Usia lanjut dengan hipoalbumin dapat memperbaiki status gizi untuk mencegah terjadinya penyakit.

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