

ABSTRACT

RELATIONSHIP BETWEEN ANXIETY AND FOOD INTAKE IN THE ELDERLY AT UPTD SOCIAL SERVICES ELDERLY, ELDERLY TRESNA SUBDISTRICT NATAR, SOUTH LAMPUNG

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The success of development is seen from the increase in the standard of living and life expectancy. Based on data from the Ministry of Health in 2011, the year was 66.4 years 200-2005, this figure will rise in life expectancy from 2045 to 2050 were estimated to be 77.6 years. The purpose of this study to analyze the relationship of anxiety with food intake in elderly do UPTD Social Services Elderly Elderly Tresna Natar District of South Lampung.

It's a cross-sectional study design. There are 100 elderly population who meet the inclusion and exclusion criteria were 40 elderly. This research was conducted in UPTD Integrated Services Social Seniors Elderly Tresna Natar District of South Lampung.

The results showed that most of anxiety 65.0% 90.0% energy intake enough, 60.0% less protein intake, carbohydrate intake 92.5%, and 92.5% of fat intake, and intake of less than 67 fibers, 5%. There was no relationship between anxiety with energy intake ($p = 0.278$), there was no correlation with protein intake ($p = 0.101$), There was no relationship between anxiety with carbohydrate intake ($p = 0.037$), there was no correlation between anxiety with fat intake ($p = 0.539$), and there was no correlation between anxiety with fiber intake ($p = 0.316$). From the research needed special attention

Keyword: anxiety, food intake, elderly.