

INTISARI

PENGARUH PEMBERIAN KONSELING GIZI SECARA DARING TERHADAP KUALITAS DIET PASIEN KANKER PAYUDARA DI DAERAH ISTIMEWA YOGYAKARTA

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Latar Belakang: Kasus kanker payudara sangat banyak terjadi di Daerah Istimewa Yogyakarta dengan jumlah ahli gizi yang kurang memadai. Padahal permasalahan gizi sering ditemukan pada pasien kanker payudara, yaitu perubahan asupan makan akibat terapi medis kanker yang berujung pada penurunan kualitas diet. Dibutuhkan manajemen nutrisi dengan metode alternatif yang dapat memperbaiki asupan harian sehingga meningkatkan kualitas diet pasien kanker payudara dalam upaya mencegah malnutrisi, salah satunya dengan menerapkan konseling gizi secara daring.

Tujuan: Mengetahui pengaruh pemberian konseling gizi secara daring terhadap kualitas diet pasien kanker payudara di Daerah Istimewa Yogyakarta.

Metode: Penelitian ini merupakan penelitian *quasi experimental* dengan pendekatan *one group pre post intervention*. Subjek penelitian adalah pasien kanker payudara berusia di atas 18 tahun yang berdomisili di Daerah Istimewa Yogyakarta. Pengambilan sampel penelitian menggunakan metode *consecutive sampling* dengan subjek penelitian sejumlah 27 orang. Seluruh subjek mendapatkan intervensi berupa konseling gizi secara daring dan dipantau selama 1 bulan. Data pola makan dikaji dengan SQ-FFQ dan data kualitas diet dinilai dengan DQI-I. Uji statistik yang digunakan untuk menganalisis pengaruh intervensi adalah *Paired Sample T-Test* dan Uji Wilcoxon.

Hasil: Skor kualitas diet yang termasuk kategori tinggi sebelum diberikan intervensi (33,3%) lebih sedikit dibandingkan setelah diberikan intervensi (85,7%). Terdapat perbedaan yang signifikan antara skor kualitas diet sebelum dan setelah diberikan intervensi ($p < 0,001$, $p < 0,05$).

Kesimpulan: Konseling gizi secara daring berpengaruh secara signifikan terhadap kualitas diet pasien kanker payudara di Daerah Istimewa Yogyakarta, terutama pada komponen variasi, kecukupan, dan keseimbangan keseluruhan.

Kata Kunci: kualitas diet, pasien kanker payudara, konseling gizi daring

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ABSTRACT

EFFECT OF ONLINE NUTRITION COUNSELING ON DIET QUALITY IN CARCINOMA MAMMAE PATIENTS IN SPECIAL REGION OF YOGYAKARTA

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Background: The incidence of breast cancer is relatively high in the Special Region of Yogyakarta with insufficient number of nutritionists or dietitians. However, nutritional problems are often found in breast cancer patients, namely changes in food intake due to cancer medical therapy that possibly leads to a decrease in their diet quality. In order to prevent malnutrition, nutritional treatment through various techniques is necessary to raise daily intake and enhance diet quality in breast cancer patients. One of the methods is by implementing online nutritional counseling.

Objective: To determine the effect of online nutrition counseling on the quality of diet among breast cancer patients in the Special Region of Yogyakarta.

Methods: This study is a quasi-experimental study using a one-group pre-post intervention design approach. Patients with breast cancer in Special Region of Yogyakarta, aged above 18, served as the study's subjects. The sampling method used was consecutive sampling until a total of 27 research subjects were obtained. All participants had a one-month observation period and intervention in the form of online nutrition counseling. Dietary patterns were assessed using the SQ-FFQ and diet quality was evaluated using the DQI-I instrument. Paired Sample T-Test and Wilcoxon Test were statistical tests employed to examine the intervention effect.

Results: The percentage of high-quality diet scores before the intervention (33.3%) was lower compared to after the intervention (85.7%). Before and after the intervention, there was a significant difference in the quality of diet scores ($p < 0.001$, $p < 0.05$).

Conclusion: The quality of the diet among breast cancer patients in Special Region of Yogyakarta is significantly influenced by online nutrition advice, notably in terms of variety, sufficiency, and overall balance.

Keywords: diet quality, breast cancer patient, online nutrition counseling

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