

HUBUNGAN TINGKAT KEPATUHAN DIET DAN STATUS GIZI DENGAN KUALITAS HIDUP ANAK DENGAN LEUKEMIA LIMFOBLASTIK AKUT (LLA) DI RAWAT JALAN RSUP DR. SARDJITO YOGYAKARTA

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ABSTRAK

Latar belakang: Leukemia limfoblastik akut (LLA) merupakan jenis kanker yang paling banyak terjadi pada anak. Pasien dengan penyakit kronis seringkali kesulitan mematuhi anjuran diet yang diberikan oleh tenaga kesehatan. Padahal, kepatuhan diet ini akan memengaruhi asupan dan status gizi pasien. Status gizi kurang ataupun lebih dikaitkan dengan penurunan kualitas hidup pasien.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kepatuhan diet dan status gizi dengan kualitas hidup pasien anak LLA.

Metode: Penelitian ini merupakan penelitian kuantitatif bersifat observasi analitik dan menggunakan desain penelitian *cross-sectional*. Subjek penelitian merupakan pasien rawat jalan sebanyak 74 anak berusia 2 – 18 tahun. Sampel diambil dengan metode *purposive sampling* di Poliklinik Kanker Terpadu “Tulip” RSUP Dr. Sardjito Yogyakarta. Data kepatuhan diet dikumpulkan menggunakan kuesioner SQ-FFQ oleh peneliti, sedangkan kualitas hidup menggunakan kuesioner PedsQL 3.0 *Cancer Module* yang diisi oleh *primary caregiver*. Antropometri berupa tinggi badan, berat badan, dan lingkaran lengan atas (LILA) diukur secara langsung. Status gizi ditentukan berdasarkan IMT/U dan LILA/U. Uji statistik yang digunakan untuk menganalisis hubungan adalah *Chi Square*.

Hasil penelitian: Sebagian besar subjek (77%) memiliki kualitas hidup baik dan mayoritas tidak patuh terhadap asupan energi (56,8%), protein (93,2%), lemak (68,9%), dan karbohidrat (59,5%). Prevalensi status gizi malnutrisi berdasarkan IMT/U sebanyak 39,19%, sedangkan berdasarkan LILA/U sebanyak 36,48%. Tidak terdapat hubungan yang signifikan antara tingkat kepatuhan diet dan status gizi dengan kualitas hidup pasien anak LLA yang ditunjukkan dengan nilai $p > 0,05$.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara tingkat kepatuhan diet dan status gizi dengan kualitas hidup pasien anak LLA ($p > 0,05$)

Kata kunci: kepatuhan diet, kualitas hidup, leukemia limfoblastik akut, status gizi,

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**RELATIONSHIP BETWEEN DIETARY COMPLIANCE AND NUTRITIONAL
STATUS WITH THE QUALITY OF LIFE OF AMBULATORY CHILDHOOD
ACUTE LYMPHOBLASTIC LEUKEMIA PATIENTS IN RSUP DR. SARDJITO
YOGYAKARTA**

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ABSTRACT

Background: Acute lymphoblastic leukemia (ALL) is a type of cancer with the highest prevalence in children. Childhood patients with chronic diseases such as cancer often have difficulty following dietary prescriptions. Dietary compliance can affect dietary intake and nutritional status. Underweight and overweight were associated with the quality of life of patients.

Objective: This study aimed to analyze the relationship between dietary compliance and nutritional status with the quality of life of childhood ALL.

Methods: This was an observational analytic study with a cross-sectional design. The subjects were 74 ambulatory patients aged 2 – 18 who met the inclusion criteria. Samples were selected using purposive sampling in the outpatient clinic Kanker Terpadu “Tulip” RSUP Dr. Sardjito Yogyakarta. Dietary compliance data was collected using the SQ-FFQ questionnaire by the researcher and quality of life data was collected using the PedsQL 3.0 *Cancer Module* questionnaire filled out by the primary caregiver. Anthropometric data, such as height, weight, and mid-upper arm circumference (MUAC) were measured by the researcher. Nutritional status was determined according to BMI-for-age and MUAC-for-age. A chi-square test was performed to analyze the relationship between variables.

Results: Most subjects were in good quality of life (77%). The majority of the subjects didn't comply with energy intake (56,8%), protein intake (93,2%), fat intake (68,9%), and carbohydrate intake (59,5%). The prevalence of malnutrition was 39,19% according to BMI-for-age and 36,48% according to MUAC-for-age. There is no significant relationship between dietary compliance and nutritional status with the quality of life of childhood ALL (p-value > 0,05).

Conclusion: There is no significant relationship between dietary compliance and nutritional status with the quality of life of childhood ALL (p-value > 0,05).

Keywords: childhood ALL, dietary compliance, nutritional status, quality of life

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