ABSTRAK

HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI PADA PASIEN ANAK DENGAN TUBERKULOSIS DI DAERAH ISTIMEWA YOGYAKARTA

Venantia Verren Veriana, Tony Arjuna, Ida Safitri Laksanawati

Latar Belakang: Kasus tuberkulosis anak di Daerah Istimewa Yogyakarta menempati posisi tertinggi kedua secara nasional pada tahun 2022. Anak dengan tuberkulosis membutuhkan peningkatan kebutuhan energi dan protein untuk melawan infeksi. Dengan asupan energi dan protein yang terpenuhi sesuai kebutuhan, status gizi anak dapat terjaga optimal sehingga dapat membantu proses penyembuhan tuberkulosis.
Tujuan: Mengetahui hubungan asupan energi dan protein dengan status gizi pasien anak dengan tuberkulosis di Daerah Istimewa Yogyakarta.
Metode: Penelitian merupakan penelitian observasional analitik dengan desain *cross sectional study*. Data asupan dikaji dengan SQ-FFQ dan *food recall* 2 x 24 jam, sedangkan data status gizi dikaji dengan pengukuran antropometri. Subjek penelitian merupakan pasien tuberkulosis anak (0-15 tahun) yang masih menjalani pengobatan di puskesmas dan rumah sakit di Kabupaten Sleman dan Kota Yogyakarta. Pengambilan sampel penelitian menggunakan metode *convenience sampling* dengan subjek penelitian sejumlah 31 orang. Data dianalisis menggunakan uji *Pearson Correlation*.
Hasil: Terdapat hubungan yang tidak signifikan ($p>0,05$) antara asupan energi dan protein terhadap status gizi berdasarkan indikator IMT/U dan BB/TB. Namun, asupan energi berdasarkan *recall* 24 jam memiliki hubungan yang signifikan terhadap status gizi berdasarkan indikator TB/U ($p<0,05$; $r = 0,411$). Asupan protein berdasarkan *recall* 24 jam juga menunjukkan hubungan yang signifikan ($p<0,05$) terhadap status gizi berdasarkan indikator TB/U ($r = 0,595$) dan BB/U ($r = 0,450$).
Kesimpulan: Asupan energi dan protein memiliki hubungan yang signifikan terhadap status gizi pasien anak dengan tuberkulosis di Daerah Istimewa Yogyakarta.
Kata Kunci: asupan energi, asupan protein, status gizi, tuberkulosis anak, Yogyakarta

ABSTRACT

THE ASSOCIATION BETWEEN ENERGY AND PROTEIN INTAKE WITH NUTRITIONAL STATUS AMONG CHILDREN WITH TUBERCULOSIS IN THE SPECIAL REGION OF YOGYAKARTA

Venantia Verren Veriana, Tony Arjuna, Ida Safitri Laksanawati

Background: Pediatric tuberculosis cases in the Special Region of Yogyakarta occupy the second-highest rank nationally in 2022. Children with tuberculosis require increased energy and protein requirements to fight infection. By fulfilling energy and protein intake according to needs, children's nutritional status could be maintained optimally, which can help heal tuberculosis.
Objective: To determine the association between energy and protein intake with the nutritional status of children with tuberculosis in the Special Region of Yogyakarta.
Methods: This research is an analytical observational study with a cross-sectional study design. Intake data was assessed using the SQ-FFQ and 2 x 24-hour food recall, while nutritional status data was assessed using anthropometric measurements. The participants were children (0-15 years) who were still undergoing tuberculosis treatment at community health centers and hospitals in Sleman Regency and Yogyakarta City. The sampling method used was convenience sampling with 31 participants. Data were analyzed using the Pearson Correlation.
Results: There was an insignificant correlation ($p>0,05$) between energy and protein intake and nutritional status based on the BMI-for-age indicator and weight-for-height. However, energy intake from 24-hour recall showed a significant correlation with nutritional status based on height-for-age indicators ($p<0,05$; $r = 0,411$). Protein intake from the 24-hour recall results also showed a significant correlation ($p<0,05$) to nutritional status based on height-for-age indicators ($r = 0,595$) and weight-for-age ($r = 0,450$).
Conclusion: Energy and protein intake have a significant correlation with the nutritional status of children with tuberculosis in the Special Region of Yogyakarta.
Keywords: energy intake, protein intake, nutritional status, pediatric tuberculosis, Yogyakarta