

ABSTRAK

Hubungan Asupan Zat Gizi dan Status Anoreksia terhadap Kualitas Hidup

Pasien Kanker yang Menjalani Terapi Pengobatan di RSUP Dr. Sardjito

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Latar belakang: Proses pengobatan pasien kanker mengakibatkan efek samping terhadap tubuh terutama pada pasien usia lanjut, salah satunya adalah anoreksia atau kehilangan nafsu makan. Anoreksia pada pasien kanker lansia berpotensi menurunkan asupan makan sehingga pasien berisiko malnutrisi dan menurunkan kualitas hidup pasien. Kondisi kurangnya asupan dan anoreksia menjadi penting untuk diintervensi dalam mencegah perburukan kualitas hidup pasien kanker akibat terapi pengobatan.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui hubungan asupan energi dan protein serta status anoreksia terhadap kualitas hidup pasien kanker yang sedang menjalani terapi pengobatan.

Metode: Rancangan penelitian ini adalah *cross-sectional* yang dilakukan pada bulan Februari hingga Maret 2026. Subjek penelitian ini adalah 91 pasien kanker lansia rawat jalan RSUP Dr. Sardjito yang memenuhi kriteria inklusi. Data asupan energi dan protein dikumpulkan menggunakan metode SQ-FFQ (*Semi-Quantitative Food Frequency Questionnaire*), status anoreksia menggunakan formulir FAACT A/CS (*Functional Assessment of Anorexia/Cachexia Therapy Additional Concerns*), dan kualitas hidup menggunakan formulir WHOQOL-BREF (*The World Health Organization Quality of Life-Brief Version*). Data dianalisis menggunakan uji *Mann-Whitney*, *Fischer Exact Test*, *Pearson Correlation* dan *Spearman Correlation*.

Hasil: Hasil penelitian menunjukkan hubungan tidak signifikan antara asupan energi atau protein dengan kualitas hidup keseluruhan, tetapi terlihat hubungan positif signifikan antara persentase pemenuhan protein dengan domain fisik ($p < 0.001$) serta antara asupan protein dengan kualitas hidup domain fisik dan lingkungan ($p = 0.002$ dan $p = 0.037$). Terdapat hubungan positif signifikan antara skor anoreksia dengan kualitas hidup dan dengan domain fisik dan kesehatan secara umum ($p = 0.026$, $p = 0.006$, dan $p = 0.006$).

Kesimpulan: Domain fisik kualitas hidup memiliki tren hubungan positif yang kuat dengan asupan energi dan protein serta dengan anoreksia pada pasien kanker. Penelitian ini menunjukkan pentingnya asupan protein dan penanganan anoreksia sebagai efek samping pengobatan terhadap kualitas hidup pasien kanker lansia.

Kata kunci: Anoreksia; Asupan Energi; Asupan Protein; Kualitas Hidup; Pasien Kanker.

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ABSTRACT

Association of Nutrient Intake and Anorexia with Quality of Life among Cancer Patients Undergoing Therapy at RSUP Dr. Sardjito

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Introduction: Side effects often occur in geriatric cancer patients undergoing therapy. One of the common side effects is anorexia or loss of appetite. Anorexia in geriatric cancer patients can reduce food intake, increase the risk of malnutrition, and lower quality of life. Therefore, inadequate food intake and anorexia are important conditions that require intervention to prevent deterioration in quality of life.

Objectives: This study aims to determine the association between energy intake, protein intake, and anorexia with quality of life in cancer patients undergoing therapy.

Methods: A cross-sectional study was conducted from February to March 2026. A total of 91 cancer patients aged 60 years or older were included from Integrated Cancer Care “Tulip” RSUP Dr. Sardjito. Energy and protein intake were assessed using SQ-FFQ (Semi-Quantitative Food Frequency Questionnaire). Anorexia was assessed using the FAACT A/CS (Functional Assessment of Anorexia/Cachexia Therapy Additional Concerns), and quality of life was assessed using the WHOQOL-BREF (The World Health Organization Quality of Life-Brief Version). Mann-Whitney, Fischer Exact Test, Pearson Correlation and Spearman Correlation were used to determine the association between the variables.

Results: This study found no significant association between energy or protein intake with overall quality of life. However, protein intake was significantly and positively associated with the physical and environment domain of quality of life ($p=0.002$ and $p=0.037$) and the percentage of protein adequacy was significantly associated with quality of life ($p=0.026$). Anorexia scores were significantly associated with quality of life as well as with the physical and general health domain ($p=0.026$, $p=0.006$, and $p=0.006$).

Conclusion: Physical health domain is associated with energy and protein intake and with anorexia in geriatric cancer patients. This study demonstrated the importance of protein intake and the management of anorexia as a side effect of in relation to the quality of life of older cancer patients.

Keywords: Anorexia; Cancer Patient; Energy Intake; Protein Intake; Quality of Life.

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