

HUBUNGAN ASUPAN GIZI DAN DUKUNGAN KELUARGA DENGAN STATUS GIZI PADA PASIEN KANKER DI RSUP DR. SARDJITO YOGYAKARTA

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ABSTRAK

Latar Belakang: Kanker merupakan penyakit di mana sel abnormal tumbuh dan berkembang dengan cepat secara tidak terkendali serta dapat menyerang organ lain dan menjadi salah satu penyebab utama kematian di dunia. Pasien kanker berisiko mengalami perubahan status gizi. Salah satu faktor yang dapat mempengaruhi status gizi secara langsung yaitu asupan makanan. Selain itu, pasien kanker cenderung mengalami beban emosional, tekanan psikologis dan kebutuhan sosial yang merupakan efek samping dari terapi medis yang dijalani. Dukungan keluarga dibutuhkan untuk membantu pasien mempertahankan status gizinya.

Tujuan: Mengetahui hubungan antara asupan energi, protein, lemak dan karbohidrat serta dukungan keluarga dengan status gizi pada pasien kanker di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian primer dengan pendekatan analitik observasional dan desain *cross-sectional* pada 91 subjek pasien kanker lansia rawat jalan. Data analisis menggunakan *Independent Sample T-Test*, *One-way ANOVA*, *Kruskal-Wallis test* dan *Chi-Square test*.

Hasil: Rata-rata asupan energi pada subjek penelitian sebesar 1554.4 ± 462.3 kkal, asupan protein sebesar 69.8 ± 26 gram, asupan lemak sebesar 50.3 ± 21.2 gram dan asupan karbohidrat sebesar 212.9 ± 63.4 gram. Rata-rata skor dukungan keluarga sebesar 56.6 ± 4.2 . Mayoritas subjek penelitian termasuk dalam kategori berisiko malnutrisi (49.5%). Uji analisis antara kecukupan karbohidrat dengan status gizi menunjukkan hubungan signifikan ($p=0.028$).

Kesimpulan: Terdapat hubungan signifikan antara kecukupan asupan karbohidrat dengan status gizi dan tidak terdapat hubungan antara kecukupan asupan energi, protein, lemak dan dukungan keluarga.

Kata Kunci: asupan energi, asupan protein, asupan lemak, asupan karbohidrat, dukungan keluarga, status gizi, kanker

THE RELATIONSHIP BETWEEN NUTRIENT INTAKE AND FAMILY SUPPORT WITH NUTRITIONAL STATUS AMONG CANCER PATIENTS AT RSUP DR. SARDJITO YOGYAKARTA

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ABSTRACT

Background: Cancer is a disease in which abnormal cells grow and develop rapidly in an uncontrolled manner and can spread to other organs, making it one of the leading causes of death worldwide. Cancer patients are at risk of experiencing changes in nutritional status. One of the factors that directly affects nutritional status is dietary intake. In addition, cancer patients tend to experience emotional burden, psychological stress and social needs as side effects of the medical treatments they undergo. Family support is essential to help patients maintain their nutritional status.

Objective: To determine the relationship between energy, protein, fat and carbohydrate intake as well as family support and nutritional status among cancer patients at RSUP Dr. Sardjito Yogyakarta.

Methods: This was a primary study using an observational analytic approach with a cross-sectional design involving 91 elderly cancer patients at the outpatient clinic. Data normality was tested using the Kolmogorov-Smirnov test. Data were analyzed using Independent Sample T-Test, One-way ANOVA, Kruskal-Wallis test and Chi-Square test.

Results: The mean energy intake was 1554.4 ± 462.3 kcal, protein 69.8 ± 26 g, fat 50.3 ± 21.2 g, and carbohydrate 212.9 ± 63.4 g. The mean family support score was 56.6 ± 4.2 . Most subjects were at risk of malnutrition (49.5%). However, analysis of carbohydrate adequacy showed a significant association with nutritional status ($p=0.028$).

Conclusion: There is significant relationship between carbohydrate intake adequacy and nutritional status, while no significant relationship was found between energy, protein, fat intake adequacy and family support with nutritional status.

Keywords: energy intake, protein intake, fat intake, carbohydrate intake, family support, nutritional status, cancer