

HUBUNGAN FUNGSI KOGNITIF DENGAN STATUS GIZI PASIEN LANSIA KANKER DI RSUP DR. SARDJITO YOGYAKARTA

(Ritia Shafa Septisari, Tony Arjuna, Probosuseno)

ABSTRAK

Latar Belakang: Kanker merupakan penyebab kematian utama di dunia. Pasien lansia dengan kanker berisiko tinggi mengalami penurunan status gizi hingga malnutrisi. Di sisi lain, kanker dan penuaan dapat memperburuk fungsi kognitif yang berpotensi mengganggu kemandirian, aktivitas makan, dan pemenuhan kebutuhan gizi. Gangguan fungsi kognitif yang dapat memengaruhi asupan nantinya dapat berdampak pada status gizi.

Tujuan: Mengetahui hubungan fungsi kognitif dengan status gizi pada pasien lansia kanker di RSUP Dr. Sardjito Yogyakarta

Metode: Penelitian ini merupakan penelitian primer dengan pendekatan analitik observasional dan desain *cross-sectional* pada 91 subjek pasien lansia (≥ 60 tahun) dengan kanker di RSUP Dr. Sardjito Yogyakarta. Variabel independent adalah fungsi kognitif yang dinilai menggunakan kuesioner *Mini-Mental State Examination* (MMSE), variabel dependen adalah status gizi yang dinilai menggunakan *Mini Nutritional Assessment* (MNA), dan variabel perancu adalah usia, jenis kelamin, tingkat pendidikan, jenis kanker, stadium kanker, pengobatan kanker, frekuensi pengobatan kanker, lama pengobatan kanker, dan asupan makan. Uji normalitas data menggunakan *Kolmogorov-Smirnov*. Data dianalisis menggunakan *Mann-Whitney U Test*, *Kruskal-Wallis*, *Independent Sample T-Test*, *One-Way ANOVA*, *Spearman's Rank Correlation*, dan *Chi-Square*.

Hasil: Rata-rata skor fungsi kognitif adalah 22.5 ± 5.7 dengan 48,4% subjek penelitian memiliki fungsi kognitif normal, 26,4% subjek penelitian mengalami gangguan kognitif ringan, serta 25,3% subjek penelitian mengalami gangguan kognitif sedang dan berat. Rata-rata skor status gizi adalah 22.4 ± 3.8 dengan 40,7% subjek penelitian memiliki gizi baik, 49,5% subjek penelitian berisiko malnutrisi, dan 9,9% subjek penelitian mengalami malnutrisi. Uji korelasi menunjukkan fungsi kognitif memiliki hubungan signifikan dengan status gizi ($p = 0.032$; $r = 0.225$).

Kesimpulan: Terdapat hubungan antara fungsi kognitif dengan status gizi pasien lansia kanker di RSUP Dr. Sardjito Yogyakarta.

Kata Kunci: fungsi kognitif, status gizi, lansia kanker

ASSOCIATION BETWEEN COGNITIVE FUNCTION AND NUTRITIONAL STATUS OF ELDERLY CANCER PATIENTS AT RSUP DR. SARDJITO YOGYAKARTA

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ABSTRACT

Background: Cancer is a leading cause of death worldwide. Elderly patients with cancer are at high risk of experiencing nutritional decline, leading to malnutrition. Furthermore, cancer and aging can worsen cognitive function, potentially impairing independence, eating habits, and meeting nutritional needs. Cognitive impairment, which can affect intake, can ultimately impact nutritional status.

Objective: To determine the relationship between cognitive function and nutritional status in elderly cancer patients at Dr. Sardjito Hospital, Yogyakarta.

Methods: This is a primary study using an observational analytical approach and a cross-sectional design. This study included 91 elderly patients (≥ 60 years old) with cancer at Dr. Sardjito Hospital, Yogyakarta. The independent variable was cognitive function, assessed using the Mini-Mental State Examination (MMSE) questionnaire. The dependent variable was nutritional status, assessed using the Mini Nutritional Assessment (MNA). Confounding variables were age, gender, education level, cancer type, cancer stage, cancer treatment, frequency of cancer treatment, duration of cancer treatment, and dietary intake. Data normality was tested using the Kolmogorov-Smirnov test. Data were analyzed using the Mann-Whitney U Test, Kruskal-Wallis test, Independent Sample T-Test, One-Way ANOVA, Spearman's Rank Correlation, and Chi-Square.

Results: The average cognitive function score was 22.5 ± 5.7 , with 48.4% of study subjects having normal cognitive function, 26.4% of study subjects having mild cognitive impairment, and 25.3% of study subjects having moderate or severe cognitive impairment. The average nutritional status score was 22.4 ± 3.8 , with 40.7% of study subjects having good nutrition, 49.5% at risk of malnutrition, and 9.9% experiencing malnutrition. Correlation tests showed a significant relationship between cognitive function and nutritional status ($p = 0.032$; $r = 0.225$).

Conclusion: There is an association between cognitive function and nutritional status in elderly cancer patients at RSUP Dr. Sardjito Yogyakarta.

Keywords: cognitive function, nutritional status, elderly cancer