

INTISARI

Hubungan Antara Asupan Buah dan Sayur dengan Skor Kecemasan pada Anak Kanker yang Mendapatkan Kemoterapi di RSUP Dr. Sardjito Yogyakarta

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Latar Belakang: Kanker tidak hanya menyerang orang dewasa, tetapi juga anak-anak. Sebagian masyarakat masih beranggapan bahwa kanker membuat krisis hidup yang besar. Reaksi penderita kanker bervariasi, seperti syok, takut, cemas, perasaan berduka, marah, hingga menarik diri. Asupan buah dan sayuran yang tinggi merupakan hal penting karena buah dan sayur mengandung berbagai zat gizi mikro yang penting untuk fungsi fisik dan mental.

Tujuan: Mengetahui hubungan antara asupan buah dan sayur dengan skor kecemasan anak kanker.

Metode Penelitian: Penelitian ini merupakan penelitian observasional dengan desain *cross-sectional*. Subjek penelitian adalah 46 pasien anak kanker usia 5-17 tahun yang dirawat dan menjalani kemoterapi di RSUP Dr. Sardjito. Pengambilan sampel menggunakan teknik *purposive sampling*. Data asupan sayur dan buah diperoleh dengan metode *recall 2x24 jam*, sedangkan skor kecemasan diperoleh menggunakan kuesioner *Patient-Reported Outcomes Measurement Information Systems (PROMIS) Pediatric Short-Form v2.0 - Anxiety 8a*.

Hasil: Subjek penelitian mayoritas berusia 5–11 tahun (50%) dan berjenis kelamin laki-laki (56,5%). Berdasarkan hasil analisis korelasi, tidak terdapat hubungan signifikan antara asupan buah maupun sayur dengan skor kecemasan ($p=0,067$; $p=0,866$). Terdapat 31 anak (67,4%) yang memiliki asupan buah yang kurang dan 46 anak (100%) memiliki asupan sayur yang kurang.

Kesimpulan: Tidak terdapat hubungan antara asupan buah dan sayur dengan skor kecemasan pada anak kanker.

Kata Kunci: buah, sayur, kecemasan, kanker, anak

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ABSTRACT

Association of Fruit and Vegetable Intake with Anxiety Scores in Children with Cancer Receiving Chemotherapy at RSUP Dr. Sardjito Yogyakarta

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Background: *Cancer does not only affect adults, but also children. Some people still think that cancer makes a big crisis of life. The reaction of cancer patients varies, such as shock, fear, anxiety, feelings of grief, anger, and withdrawal. High intake of fruits and vegetables is important as they contain various micronutrients that are important for physical and mental function.*

Objective: *To determine the association between fruit and vegetable intake with anxiety scores in children cancer.*

Methods: *This study was an observational research with cross-sectional design. The research subjects were 46 children cancer patients aged 5-17 years who were treated and received chemotherapy at RSUP Dr. Sardjito. Purposive sampling technique was used. Vegetable and fruit intake data were obtained using 2x24 hour recall method, while anxiety scores were obtained using Patient-Reported Outcomes Measurement Information System (PROMIS) Pediatric Short-Form v2.0 – Anxiety 8a.*

Results: *The majority of the subjects were aged 5-11 years (50%) and male (56.5%). Based on the results of the correlation analysis, there was no significant association of fruit and vegetable intake with anxiety scores ($p=0.067$; $p=0.866$). There were 31 children (67.4%) who had insufficient fruit intake and 46 children (100%) had insufficient vegetable intake.*

Conclusion: *There was no significant association of fruit and vegetable consumption with anxiety scores in children with cancer.*

Key words: *fruit, vegetable, anxiety, cancer, children*

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