

## HUBUNGAN ASUPAN MAKANAN DAN STATUS GIZI TERHADAP KUALITAS HIDUP PENDERITA LUPUS ERITEMATOSUS SISTEMIK

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### INTISARI

**Latar Belakang:** Lupus eritematosus sistemik adalah penyakit kronik yang memiliki periode aktif dan remisi yang seringkali menyebabkan kesakitan dan ketidakmampuan yang diakibatkan sistem imun menyerang organ, jaringan dan sel tubuh sendiri. Pengobatan yang diberikan hanya menurunkan kesakitan dan keaktifan lupus sehingga penderita akan menghadapi kesakitan dan pengobatan seumur hidup. Aspek nutrisi diperlukan untuk menunjang kualitas hidup penderita dalam mencapai kondisi yang baik.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk 1) Mengetahui hubungan asupan zat gizi makro (karbohidrat, lemak, dan protein) terhadap kualitas hidup penderita lupus eritematosus sistemik 2) Mengetahui hubungan asupan zat gizi mikro (vitamin A, vitamin C, vitamin E, vitamin B<sub>6</sub>, vitamin D, besi, dan selenium) terhadap kualitas hidup penderita lupus eritematosus sistemik 3) Mengetahui hubungan status gizi terhadap kualitas hidup penderita lupus eritematosus sistemik.

**Metode Penelitian:** Penelitian ini merupakan penelitian observasional dengan rancangan *cross-sectional*. Subyek penelitian ini sebanyak 30 orang perempuan berusia produktif yang berdomisili di Yogyakarta. Pemilihan sampel menggunakan teknik *Simple Random Sampling*. Sampel yang terpilih melakukan pengukuran asupan makanan dengan mengisi kuesioner *Food Frequency*, pengukuran status gizi menggunakan timbangan dan mikrotol, serta pengukuran kualitas hidup dengan mengisi kuesioner SF-36.

**Hasil Penelitian:** Hasil analisis bivariat menunjukkan ada hubungan antara asupan makanan terhadap kualitas hidup penderita lupus eritematosus sistemik ( $p < 0,05$ ) dan ada hubungan antara status gizi terhadap kualitas hidup penderita lupus eritematosus sistemik ( $p < 0,05$ ).

**Kesimpulan:** Terdapat hubungan bermakna asupan makanan dan status gizi terhadap kualitas hidup penderita lupus eritematosus sistemik.

**Kata Kunci:** Asupan makanan, status gizi, kualitas hidup, lupus eritematosus sistemik.

## THE RELATIONSHIP OF NUTRITIONAL DIETARY AND NUTRITIONAL STATUS WITH QUALITY OF LIFE IN SYSTEMIC LUPUS ERYTHEMATOSUS PATIENTS

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### ABSTRACT

**Background:** Systemic lupus erythematosus is a chronic disease which have an active and remissions period with pain and debilitation caused by immune system which attacks own organ, tissue and cell. Treatments are given to reduce pain and activity of lupus cause patients a lifetime pain and treatment. Nutritional aspect is needed to provide patients quality of life in order to achieve optimal condition.

**Objective:** This study aimed 1) Determine relationship of macronutrition dietary (carbohydrate, fat, and protein) with quality of life in systemic lupus erythematosus patients 2) Determine relationship of micronutrition dietary (vitamin A, vitamin C, vitamin E, vitamin B<sub>6</sub>, vitamin D, besi, dan selenium) with quality of life in systemic lupus erythematosus patients 3) Determine relationship of nutritional status with quality of life in systemic lupus erythematosus patients.

**Design:** This study is obsevationa study with cross-sectional design. The study subjects were 30 female in productive age which lives in Yogyakarta. The selection of subjects using Simple Random Sampling technique. Subjects were selected have to fill out the Food Frequency Questionnaire to measure their nutritional dietary, weighing and height measurement using weight scale and microtoa, and fill out the SF-36 questionnaire to measure their quality of life.

**Results:** Bivariate analysis showed that there was a significant association of nutritional dietary with quality of life in systemic lupus erythematosus patients ( $p < 0,05$ ) and significant association of nutritional status with quality of life in lupus erythematosus systemic patients ( $p < 0,05$ )

**Conclusions:** There is a significant association of nutritional dietary and nutritional status with quality of life in systemic lupus erythematosus patients.

**Keywords:** Nutritional dietary, nutritional status, quality of life, systemic lupus erythematosus.