

ABSTRAK

Hubungan Tingkat Pengetahuan Gizi,Asupan Energi,Protein, Vitamin A dan Vitamin C dengan Status Gizi Pasien TB Paru di Klinik Paru dan TB RSUD Dr M Ashari Pemalang

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Latar belakang : *Tuberculosis*(TB) merupakan penyakit kronis yang sampai saat ini masih menjadi masalah kesehatan dunia. Peningkatan kasus TB dipengaruhi oleh daya tahan tubuh,status gizi,kebersihan diri dan lingkungan. Penelitian ini bertujuan mengetahui hubungan tingkat pengetahuan gizi, asupan energi, protein, vitamin A dan vitamin C dengan status gizi pasien TB Paru di Klinik Paru dan TB RSUD Dr. M Ashari Pemalang.

Metode : Penelitian ini merupakan penelitian observasional dengan pendekatan *cross sectional*. Subjek penelitian adalah pasien TB Paru usia 25-44 tahun,sebanyak 47 responden. Teknik pengambilan sampel menggunakan consecutive sampling. Data antropometri diukur secara langsung. Tingkat pengetahuan gizi diperoleh dengan menggunakan kuesioner. Asupan energi, protein, vitamin A dan vitamin C dilakukan wawancara menggunakan SQ-FFQ. Analisis data menggunakan uji *Pearson Product Moment* dan *Rank Spearman* untuk menganalisa hubungan.

Hasil Penelitian : Tingkat pengetahuan subyek penelitian baik(93.6%), asupan energi 38.3% defisit berat, asupan protein 48.9% defisit berat, 100% asupan vitamin A cukup dan 53.2% asupan vitamin C kurang. Tidak ada hubungan antara tingkat pengetahuan gizi dengan status gizi. Terdapat hubungan antara asupan energi,protein dengan $p= 0,000$. Ada hubungan asupan vitamin A dengan status gizi($p= 0,004$). Tidak ada hubungan antara asupan vitamin C dengan status gizi pasien TB paru.

Kesimpulan : Asupan energi,protein dan vitamin A berhubungan dengan status gizi, sedangkan tingkat pengetahuan gizi dan asupan vitamin C tidak berhubungan langsung dengan status gizi.

Kata kunci: Pengetahuan Gizi, Asupan Energi dan Protein, Vitamin A dan C,Status Gizi Pasien TB Paru

ABSTRACT

The Assosiation Between Nutritional Knowledge Level, Intakes of Energy, Protein, Vitamine A and C with Nutritional Status of Pulmonary TB Patients At Pulmonary TB Clinic dr M Ashari General Hospital in Pemaslang

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Background : *Tuberculosis* (TB) is chronic disease that still be public health problem in the world today. The increased of TB cases influenced by immunity, nutritional status, personal hygiene and environment. This study was aim to examines the assosiation between nutritional knowledge level, intakes of energy, protein, vitamine A and C with nutritional status of pulmonary TB patients at Pulmonary TB Clinic dr M Ashari General Hospital in Pemaslang.

Method : An observasional research using cross sectional study was conduct on 47 subject with the range of age 25-44 years old. The samples was determined by consecutive sampling technique. Anthropometry data was measured directly. Nutritional knowledge level was obtained by questionnaire. A semi quantitative food frequeunsy questionnare (SQ-FFQ) was used to measured the intakes of energy, protein, vitamine A and C. Data were analysed with Pearson Product Moment and Rank Spearman Test.

Result : The nutritional knowledge level was good (93,6%), energy intake was severe deficit (38,3%), protein intake was severe deficit (48,9%), 100% intake of vitamine A was adequate, 57,4% intake of vitamine C was lack and most of nutritional status of pulmonary TB patients including 53,2% of normal. There was an association between intake of energy and protein with nutritional status (value of $p = 0,000$). There was an association vitamine A intake with nutritional status (value of $p = 0,004$). And there was no an association between nutritional knowledge level and intake of vitamine C with nutritional status.

Conclucions: There was an association between intake of energy, protein and vitamine A with nutritional status, and there was no an association between nutritional knowledge level and intake of vitamine C with nutritional status.

Keywords: nutritional knowledge, energy and protein intake, vitamine A and C, tb patients's nutritional status