

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN GIZI

Laporan Tugas Akhir, Juni 2022

Ade Sintia Putri

Pengaruh Asupan Energi dan Protein Terhadap Status Gizi Penderita Tuberkulosis

xii + 49 halaman, 12 tabel, 2 gambar, dan 7 lampiran

ABSTRAK

Tuberkulosis disebabkan oleh bakteri *Mycobacterium Tuberculosis*. Bakteri ini dapat menular melalui percikan dahak dan dapat menyerang paru tetapi juga organ tubuh lainnya (Kemenkes, 2017). Indonesia merupakan salah satu negara dengan jumlah kasus tuberkulosis paru yang berada di urutan ketiga terbesar di dunia setelah India dan China (WHO, 2018). Penelitian ini bertujuan untuk mengetahui rata-rata asupan energi, protein, dan status gizi pada penderita tuberkulosis dan mengetahui hubungan asupan energi dan protein terhadap status gizi penderita tuberkulosis.

Rancangan penelitian yang digunakan adalah studi literatur (*Library Research*) yang diperoleh dari strategi jurnal sesuai dengan tema penelitian, yang memiliki tahun terbit 2012 sampai 2022. Data yang telah diperoleh kemudian dianalisis menggunakan metode analisis isi (*Content Analysis*).

Hasil penelitian asupan energi dari keempat referensi terbagi menjadi 3 kategori dengan rata-rata asupan energi kurang 59,3%, baik 38,15%, dan lebih 2,525%. Rata-rata pada asupan protein dari kelima referensi didapatkan hasil dengan kategori kurang 63,5%, baik 34,36%, dan lebih 2,02%. Sedangkan untuk rata-rata status gizi dari kelima referensi dengan 3 kategori yaitu 56,5% status gizi kurang, 38,38% status gizi normal, dan 5,12% status gizi lebih. Pada analisis *bivariat* terdapat hubungan yang bermakna antara asupan energi terhadap status gizi penderita tuberkulosis, dengan uji *Chi-Square* ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,001$), ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,000$). Ada hubungan yang bermakna antara asupan protein terhadap status gizi penderita tuberkulosis ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,011$), ($\rho\text{ value} = 0,001$), ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,001$).

Sebaiknya diberikan edukasi dan konseling gizi betapa pentingnya asupan energi dan protein yang cukup untuk mendukung proses penyembuhan penderita tuberkulosis.

Kata kunci : tuberkulosis, protein, energi, status gizi
Daftar Bacaan : 60 (2000-2021)

**HEALTH POLYTECHNIC OF TANJUNGKARANG
DEPARTMENT OF NUTRITION**

Final Project Report, June 2022

Ade Sintia Putri

Effect of Energy and Protein Intake on Nutritional Status of Tuberculosis Patients
xii + 49 pages, 12 tables, 2 pictures, and 7 appendices

ABSTRACT

Tuberculosis is caused by the bacterium *Mycobacterium tuberculosis*. This bacteria can be transmitted through sputum sprinkling and can attack the lungs but also other body organs (Kemenkes, 2017). Indonesia is one of the countries with the third largest number of cases of pulmonary tuberculosis in the world after India and China (WHO, 2018). This study aims to determine the average intake of energy, protein, and nutritional status in patients with tuberculosis and to determine the relationship between energy and protein intake on the nutritional status of tuberculosis patients.

The research design used is a literature study (*Library Research*) obtained from the journal strategy in accordance with the research theme, which has a publication year from 2012 to 2022. The data that has been obtained is then analyzed using the content analysis method (*Content Analysis*).

The results of the study on energy intake from the four references were divided into 3 categories with an average energy intake of less 59.3%, 38.15%, and more than 2.525%. The average protein intake from the five references was obtained in less categories 63.5%, good 34.36%, and more than 2.02%. As for the average nutritional status of the five references with 3 categories, namely 56.5% undernutrition status, 38.38% normal nutritional status, and 5.12% overweight status. analysis *bivariate* there was a significant relationship between energy intake and the nutritional status of tuberculosis patients, with the *Chi-Square* ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,001$), ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,000$). There is a significant relationship between protein intake and nutritional status of tuberculosis patients ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,011$), ($\rho\text{ value} = 0,001$), ($\rho\text{ value} = 0,000$), ($\rho\text{ value} = 0,001$).

Nutrition education and counseling should be given on the importance of adequate energy and protein intake to support the healing process of tuberculosis sufferers

Keywords : tuberculosis, protein, energy, nutritional status
Reading List : 60 (2000-2022)