

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI**

ABSTRAK

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HUBUNGAN ASUPAN PROTEIN, ZAT BESI, DAN LAMA HEMODIALISIS DENGAN KADAR HEMOGLOBIN PADA PASIEN PENYAKIT GINJAL KRONIS

Anemia merupakan komplikasi yang umum ditemui pada pasien penyakit ginjal kronis (PGK) yang menjalani hemodialisis (HD). Kondisi ini sering terjadi akibat penurunan produksi eritropoietin, gangguan metabolisme zat besi serta kehilangan zat gizi selama dialisis. Tujuan dari penelitian ini adalah untuk menganalisis hubungan asupan protein, zat besi, dan lama HD dengan kadar Hb pada pasien PGK. Penelitian ini menggunakan desain penelitian observasional analitik dengan pendekatan *cross-sectional*. Subjek penelitian ini adalah pasien PGK yang menjalani HD > 3 bulan dengan frekuensi dua kali/minggu. Pemilihan sampel dilakukan menggunakan teknik *quota sampling*. Hasil analisis univariat menunjukkan bahwa nilai rata-rata asupan protein, zat besi adalah 35,06 g/hari; 4,72 mg/hari dan nilai median lama HD dan kadar Hb adalah 24 bulan dan 7,65 g/dl. Uji bivariat dengan *Spearman Rank* menunjukkan adanya hubungan signifikan antara asupan protein ($p\text{-value}=0,000$) dan zat besi ($p\text{-value}=0,001$) dengan kadar hemoglobin, sementara lama hemodialisis tidak menunjukkan hubungan yang bermakna ($p\text{-value}=0,055$). Ada hubungan signifikan antara asupan protein dan zat besi dengan kadar Hb ($p\text{-value}$ 0,000; 0,001), sedangkan lama HD tidak menunjukkan hubungan yang signifikan dengan kadar Hb ($p\text{-value}>0,055$) pada pasien PGK yang menjalani HD di RSUD Ciamis tahun 2025. Hasil menekankan pentingnya kesadaran pasien untuk rutin mengonsumsi makanan tinggi protein dan zat besi guna membantu mempertahankan kadar Hb selama menjalani hemodialisis.

Kata Kunci: asupan protein, hemoglobin, hemoglobin, lama hemodialisis, penyakit ginjal kronik, zat besi

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ABSTRACT

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CORRELATION BETWEEN PROTEIN INTAKE, IRON INTAKE, AND HEMODIALYSIS DURATION WITH HEMOGLOBIN LEVELS IN CKD PATIENT

Anemia is a common complication in patients with Chronic Kidney Disease (CKD) undergoing hemodialysis (HD), often caused by decreased erythropoietin production, impaired iron metabolism, and nutrient losses during dialysis. This study was conducted to analyze the correlation between protein intake, iron intake, and duration of hemodialysis with hemoglobin (Hb) levels in CKD patients. This research uses an observational analytic design with a cross-sectional approach. The subjects were CKD patients who had undergone HD for more than three months with a frequency of twice per week. Sampling was conducted using the quota sampling technique. The univariate analysis showed average values for protein intake at 35.06 g/day, iron intake at 4.72 mg/day and the central value for HD duration at 24 months, and Hb levels at 7.65 g/dL. Spearman Rank correlation analysis demonstrated significant correlation between protein intake (p -value=0.001) and iron intake (p -value=0.001) with Hb levels. However, no statistically significant relationship was found between the duration of HD and Hb levels (p -value=0.055). There is a significant correlation between protein and iron intake with hemoglobin levels (p -value=0.000; 0,001), while the duration of HD does not have a significant relationship with Hb levels ($p>0.055$) in CKD patients undergoing HD at RSUD Ciamis in 2025. These findings highlight the importance of patient awareness regarding the regular consumption of protein- and iron-rich foods to help maintain adequate hemoglobin levels during hemodialysis therapy

Keywords: chronic kidney disease, hemodialysis duration, hemoglobin, iron, protein intake