

ABSTRAK

PUTRI NURRAHMAH

HUBUNGAN FREKUENSI KEMOTERAPI DENGAN STATUS GIZI PASIEN KANKER (STUDI OBSERVASIONAL PADA PASIEN KANKER YANG MENJALANI KEMOTERAPI DI RUANG PELAYANAN KEMOTERAPI RSUD KHZ. MUSTHAFA TAHUN 2025)

Kanker merupakan penyakit tidak menular yang ditandai dengan pertumbuhan sel abnormal yang dapat menyebar ke jaringan lain. Salah satu pengobatan kanker adalah kemoterapi, yang sering menimbulkan efek samping seperti mual, muntah, dan penurunan nafsu makan, sehingga berdampak pada penurunan asupan zat gizi makro dan status gizi pasien. Status gizi yang buruk dapat menurunkan imunitas dan memperburuk prognosis pasien kanker. Penelitian ini bertujuan untuk menganalisis hubungan antara frekuensi kemoterapi terhadap status gizi pasien kanker. Desain penelitian ini yaitu observasional dengan pendekatan *cross-sectional* yang melibatkan 50 pasien kanker yang menjalani kemoterapi di RSUD KHZ. Musthafa. Variabel frekuensi kemoterapi diukur menggunakan kuesioner dan rekam medis, variabel status gizi diukur dengan pengukuran berat badan (kg) dan tinggi badan (cm) dengan interpretasi IMT, serta variabel asupan zat gizi makro diukur menggunakan metode *food recall* 3x24 jam. Analisis hubungan menggunakan uji *Chi-square* dan uji *Spearman-rank*. Hasil penelitian ini menunjukkan terdapat hubungan yang signifikan antara frekuensi kemoterapi dengan status gizi ($p=0,000$), terdapat hubungan antara frekuensi kemoterapi dengan asupan karbohidrat ($p=0,000$), terdapat hubungan antara frekuensi kemoterapi dengan asupan protein ($p=0,000$), terdapat hubungan antara frekuensi kemoterapi dengan asupan lemak ($p=0,026$), terdapat hubungan antara asupan karbohidrat dengan status gizi ($p=0,000$), terdapat hubungan antara asupan protein dengan status gizi ($p=0,000$), serta tidak terdapat hubungan antara asupan lemak dengan status gizi pasien kanker ($p=0,092$). Kesimpulan dari penelitian ini adalah frekuensi kemoterapi berhubungan dengan status gizi, terutama melalui mekanisme efek samping yang memengaruhi asupan zat gizi makro. Intervensi gizi yang tepat diperlukan untuk mencegah malnutrisi dan mendukung keberhasilan kemoterapi pada pasien kanker. Tatalaksana gizi untuk pengendalian efek samping yang sering terjadi seperti mual muntah diantaranya dengan makan porsi kecil tapi sering, memilih makanan lunak dan tidak berbau menyengat, serta menjaga hidrasi dengan minum minimal 8 gelas per hari.

Kata Kunci: asupan zat gizi makro, frekuensi kemoterapi, kanker, status gizi

ABSTRACT

PUTRI NURRAHMAH

THE RELATIONSHIP BETWEEN CHEMOTHERAPY FREQUENCY AND NUTRITIONAL STATUS IN CANCER PATIENTS (AN OBSERVATIONAL STUDY OF CANCER PATIENTS UNDERGOING CHEMOTHERAPY IN THE CHEMOTHERAPY UNIT OF KHZ. MUSTAFA HOSPITAL IN 2025)

Cancer is a non-communicable disease characterized by abnormal cell growth that can spread to other tissues. One of the treatments for cancer is chemotherapy, which often causes side effects such as nausea, vomiting, and loss of appetite, thereby affecting the intake of macronutrients and the nutritional status of patients. Poor nutritional status can lower immunity and worsen the prognosis of cancer patients. This study aims to analyze the relationship between the frequency of chemotherapy and the nutritional status of cancer patients. The study design is observational with a cross-sectional approach involving 50 cancer patients undergoing chemotherapy at KHZ. Musthafa Hospital. The chemotherapy frequency variable was measured using a questionnaire and medical records, the nutritional status variable was measured using body weight (kg) and height (cm) with BMI interpretation, and the macronutrient intake variable was measured using the 3x24-hour food recall method. The relationship analysis used the Chi-square test and Spearman's rank test. The results of this study showed a significant relationship between chemotherapy frequency and nutritional status ($p=0,000$), a relationship between chemotherapy frequency and carbohydrate intake ($p=0,000$), a relationship between chemotherapy frequency and protein intake ($p=0,000$), there was a relationship between chemotherapy frequency and fat intake ($p=0,026$), there was a relationship between carbohydrate intake and nutritional status ($p=0,000$), there was a relationship between protein intake and nutritional status ($p=0,000$), and there was no relationship between fat intake and nutritional status in cancer patients ($p=0,092$). The conclusion of this study is that chemotherapy frequency is associated with nutritional status, particularly through the mechanism of side effects that affect macronutrient intake. Appropriate nutritional intervention is necessary to prevent malnutrition and support the success of chemotherapy in cancer patients. Nutritional management to control common side effects such as nausea and vomiting includes eating small, frequent meals, choosing soft, odorless foods, and staying hydrated by drinking at least eight glasses of water per day.

Keywords: *macronutrient intake, chemotherapy frequency, cancer, nutritional status*