

FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI TASIKMALAYA
PROGRAM STUDI GIZI
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ABSTRAK

ANISA YULIANDARI KUSDIMAN
HUBUNGAN LAMA PENGobatan TUBERKULOSIS PARU, NAFSU
MAKAN, DAN ASUPAN ZAT GIZI MAKRO DENGAN STATUS GIZI
PADA PASIEN TUBERKULOSIS PARU DI UPTDK RSUD DR.
SOEKARDJO KOTA TASIKMALAYA

Tuberkulosis (TB) merupakan penyakit infeksi kronis yang dapat memengaruhi status gizi dan nafsu makan pasien. Tujuan dari penelitian ini adalah menganalisis hubungan lama pengobatan tuberkulosis paru, nafsu makan, dan asupan zat gizi makro dengan status gizi pada pasien tuberkulosis paru di UPTDK RSUD dr. Soekardjo Kota Tasikmalaya pada tahun 2025. Penelitian ini adalah analitik obeservasional dengan menggunakan pendekatan *cross secsional* pada populasi pasien tuberkulosis di UPTDK RSUD dr. Soekardjo Kota Tasikmalaya. Penelitian ini melibatkan 64 pasien tuberkulosis yang sedang menjalani pengobatan tuberkulosis. Analisis bivariat dilakukan dengan uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa rata-rata esponden berjenis kelamin laki-laki (52%), berpendidikan SD/ sederajat (36%), dan bekerja (67%). Sebagian besar responden tidak merokok (97%) dan menjalani fase lanjutan pengobatan (55%). Berdasarkan penilaian nafsu makan menggunakan kuesioner CNAQ, 55% responden memiliki nafsu makan baik, sedangkan 45% tergolong kurang. Status gizi menunjukkan 55% responden memiliki status gizi normal, 25% kurus, dan 20% sangat kurus. Tidak ditemukan kasus overweight maupun obesitas. Hasil analisis bivariat menunjukkan pentingnya pemantauan status gizi dan intervensi gizi selama pengobatan TB. Hasil uji *Spearman Rank* menunjukkan terdapat hubungan yang signifikan antara lama pengobatan dengan status gizi ($r = 0,838$; $p = 0,001$), serta antara nafsu makan dan status gizi ($r = 0,833$; $p = 0,001$). Asupan energi juga berhubungan signifikan dengan status gizi ($r = 0,442$; $p = 0,001$), begitu pula dengan asupan protein ($r = 0,342$; $p = 0,006$) dan lemak ($r = 0,352$; $p = 0,006$). Seluruh hasil menunjukkan korelasi positif, artinya semakin baik nafsu makan dan asupan zat gizi, serta semakin lama pengobatan dijalani, maka status gizi pasien TB paru cenderung semakin membaik.

Kata Kunci: Tuberkulosis Paru, Nafsu Makan, Asupan Energi, Asupan Protein, Asupan Karbohidrat, Status Gizi, CNAQ.

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THE REATIONSHIP BETWEEN DURATION OF PULMONARY TUBERCULOSIS TREATMENT, APPETITE, AND MACRNUTRIENT INTAKE WITH NUTRITINAL STATUS AMONG PULMONARY TUBERCULOSIS PATIENTS AT UPTDK RSUD Dr. SOEKARDJO, TASIKMALAYA CITY

Tuberculosis (TB) is a chronic infectious disease that can affect patients' nutritional status and appetite. This study aimed to analyze the relationship between the duration of pulmonary tuberculosis treatment, appetite, and macronutrient intake with the nutritional status of pulmonary tuberculosis patients at UPTDK RSUD Dr. Soekardjo, Tasikmalaya City, in 2025. This was an analytical observational study using a cross-sectional approach involving 64 TB patients undergoing treatment. Bivariate analysis was conducted using the Spearman Rank test. The results showed that the majority of respondents were male (52%), had elementary school-level education (36%), and were employed (67%). Most respondents were non-smokers (97%) and were in the continuation phase of TB treatment (55%). Based on appetite assessment using the CNAQ questionnaire, 55% of respondents had good appetite, while 45% had poor appetite. Nutritional status results showed that 55% of respondents had normal nutritional status, 25% were underweight, and 20% were severely underweight, with no cases of overweight or obesity found. The bivariate analysis results highlight the importance of nutritional monitoring and intervention during TB treatment. The Spearman Rank test indicated significant relationships between treatment duration and nutritional status ($r = 0.838$; $p = 0.001$), and between appetite and nutritional status ($r = 0.833$; $p = 0.001$). Energy intake also showed a significant correlation with nutritional status ($r = 0.442$; $p = 0.001$), as did protein intake ($r = 0.342$; $p = 0.006$) and fat intake ($r = 0.352$; $p = 0.006$). All variables demonstrated positive correlations, indicating that better appetite and macronutrient intake, along with longer treatment duration, are associated with improved nutritional status in pulmonary TB patients.

Keywords: Pulmonary Tuberculosis, Appetite, Energy Intake, Protein Intake, Carbohydrate Intake, Nutritional Status, CNAQ