

Lampiran 1

INFORMED-CONSENT

Saya Febi Khairunnisa, Mahasiswi Program Studi Ilmu-ilmu Kesehatan Jurusan Gizi Universitas Esa Unggul Jakarta sedang melakukan penelitian mengenai **“Hubungan Antara Tingkat Kecukupan Vitamin C, Tingkat Kecukupan Vitamin E, Dan Persen Lemak Tubuh Dengan Rasa Nyeri dan Fungsi Fisik Pada Pasien Osteoartritis Usia Lanjut Di Poliklinik Geriatri RSCM”**.

Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecukupan vitamin C, tingkat kecukupan vitamin E, dan persen lemak tubuh dengan rasa nyeri dan fungsi fisik pada pasien osteoartritis usia lanjut di poliklinik geriatri RSCM.

Dalam penelitian ini akan dilakukan pengukuran persen lemak tubuh menggunakan BIA, wawancara frekuensi makanan sumber vitamin C dan vitamin E menggunakan form SQ FFQ dan keluhan rasa nyeri dan fungsi fisik form WOMAC.

Untuk itu saya mohon kesediaan Ibu untuk menjawab dengan jujur guna menjaga validitas penelitian. Identitas dan jawaban ibu/bapak akan dijaga dan dirahasiakan.

Atas perhatian dan kerjasama Bapak/Ibu, saya ucapkan banyak terimakasih.

Hormat saya

Febi Khairunnisa

Lampiran 2

Lembar Persetujuan

Semua penjelasan di atas telah disampaikan kepada saya dan semua pertanyaan saya telah terjawab.

Saya menyatakan bersedia menjadi responden dalam penelitian ini secara sadar dan tanpa ada paksaan.

Tandatangan pasien :

tanggal:

Tandatangan saksi :

tanggal :

(_____)

(_____)

Lampiran 3

KUESIONER PENELITIAN
HUBUNGAN TINGKAT KECUKUPAN ASUPAN VITAMIN C, TINGKAT
KECUKUPAN ASUPAN VITAMIN E, DAN PERSEN LEMAK TUBUH
DENGAN RASA NYERI, KEKAKUAN DAN FUNGSI FISIK PADA PASIEN
OSTEOARTRITIS USIA LANJUT DI POLIKLINIK GERIATRI RSCM

A. DATA KARAKTERISTIK RESPONDEN

1. Nama :
2. No.Rekam medis :
3. No.Responden :
4. No.Telepon/HP :
5. Usia : tahun
6. Jenis kelamin : Perempuan/Laki-laki

B. PERSEN LEMAK TUBUH

1. Tinggi Badan : Cm.
2. Berat Badan : Kg.
3. IMT : Kg/m²
4. Pengukuran % Fat : %

C. WOMAC Questionnaire

Nama Responden :

No. Responden :

Petunjuk : Silahkan lingkari skala yang terdapat dalam setiap pertanyaan dibawah ini.

Kategori skala : 0 = Tidak , 1= Ringan, 2= Sedang, 3= Parah, 4= Sangat Parah.

Jenis	Pertanyaan	Skala				
Nyeri	1. Berjalan Kaki	0	1	2	3	4
	2. Menaiki anak tangga	0	1	2	3	4
	3. Aktifitas pada malam hari	0	1	2	3	4
	4. Istirahat	0	1	2	3	4
	5. Menumpu beban	0	1	2	3	4
Fungsi Fisik	1. Kesulitan turun tangga	0	1	2	3	4
	2. Kesulitan naik tangga	0	1	2	3	4
	3. Kesulitan dari posisi duduk ke berdiri	0	1	2	3	4
	4. Kesulitan berdiri	0	1	2	3	4
	5. Kesulitan duduk di lantai	0	1	2	3	4
	6. Kesulitan berjalan pada permukaan datar	0	1	2	3	4
	7. Kesulitan masuk/keluar dari kendaraan	0	1	2	3	4
	8. Kesulitan berbelanja	0	1	2	3	4
	9. Kesulitan memakai kaos kaki	0	1	2	3	4
	10. Kesulitan berbaring di tempat tidur	0	1	2	3	4
	11. Kesulitan melepaskan kaos kaki	0	1	2	3	4
	12. Kesulitan mencapai tempat tidur	0	1	2	3	4
	13. Kesulitan masuk/keluar kamar mandi	0	1	2	3	4
	14. Kesulitan duduk	0	1	2	3	4
	15. Kesulitan masuk/keluar toilet	0	1	2	3	4
	16. Kesulitan melakukan tugas-tugas berat	0	1	2	3	4
	17. Kesulitan melakukan tugas-tugas ringan	0	1	2	3	4

Lampiran 4

HASIL OUTPUT SPSS

A. Univariat

1. Tingkat Kecukupan Vitamin C

Statistics

	Tingkat Kecukupan Vitamin C	Tingkat Kecukupan Vitamin E	Persen Lemak Tubuh	Rasa Nyeri	Fungsi Fisik
N Valid	56	56	56	56	56
Missing	0	0	0	0	0
Std. Deviation	.471	.464	.4640	.535	.478
Minimum	1	1	1.0	1	2
Maximum	2	2	2.0	3	3
Per centiles					
25	1.00	1.00	1.000	2.00	2.00
50	2.00	1.00	1.000	3.00	3.00
75	2.00	2.00	2.000	3.00	3.00

Tingkat Kecukupan Vitamin C

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Tidak Baik	18	32.1	32.1	32.1
Baik	38	67.9	67.9	100.0
Total	56	100.0	100.0	

2. Tingkat Kecukupan Vitamin E

Tingkat Kecukupan Vitamin E

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Tidak Baik	39	69.6	69.6	69.6
Baik	17	30.4	30.4	100.0
Total	56	100.0	100.0	

3. Persen Lemak Tubuh

Persen Lemak Tubuh

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Berisiko	39	69.6	69.6	69.6
	Normal	17	30.4	30.4	100.0
	Total	56	100.0	100.0	

4. Rasa Nyeri

Rasa Nyeri

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Berat	1	1.8	1.8	1.8
	Sedang	22	39.3	39.3	41.1
	Ringan	33	58.9	58.9	100.0
	Total	56	100.0	100.0	

5. Fungsi Fisik

Fungsi Fisik

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Sedang	19	33.9	33.9	33.9
	Ringan	37	66.1	66.1	100.0
	Total	56	100.0	100.0	

B. Bivariat

1. Hubungan Antara Vitamin C dengan Rasa Nyeri.

Crosstab

			Rasa Nyeri			Total
			Berat	Sedang	Ringan	
Tingkat Kecukupan Vitamin C	Tidak Baik	Count % within Tingkat Kecukupan Vitamin C	0 .0%	14 77.8%	4 22.2%	18 100.0%
	Baik	Count % within Tingkat Kecukupan Vitamin C	1 2.6%	8 21.1%	29 76.3%	38 100.0%
Total		Count % within Tingkat Kecukupan Vitamin C	1 1.8%	22 39.3%	33 58.9%	56 100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	16.543 ^a	2	.000
Likelihood Ratio	17.112	2	.000
Linear-by-Linear Association	11.322	1	.001
N of Valid Cases	56		

a. 2 cells (33,3%) have expected count less than 5. The minimum expected count is ,32.

2. Hubungan Antara Vitamin E dengan Rasa Nyeri

Crosstab

			Rasa Nyeri			Total
			Berat	Sedang	Ringan	
Tingkat Kecukupan Vitamin E	Tidak Baik	Count % within Tingkat Kecukupan Vitamin E	1 2.6%	20 51.3%	18 46.2%	39 100.0%
	Baik	Count % within Tingkat Kecukupan Vitamin E	0 .0%	2 11.8%	15 88.2%	17 100.0%
Total		Count % within Tingkat Kecukupan Vitamin E	1 1.8%	22 39.3%	33 58.9%	56 100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	8.700 ^a	2	.013
Likelihood Ratio	9.874	2	.007
Linear-by-Linear Association	8.259	1	.004
N of Valid Cases	56		

a. 2 cells (33,3%) have expected count less than 5. The minimum expected count is ,30.

3. Hubungan Persen Lemak Tubuh dengan Rasa Nyeri.

Crosstab

		Rasa Nyeri			Total	
		Berat	Sedang	Ringan		
Persen Lemak Tubuh	Berisiko	Count	1	16	22	39
		% within Persen Lemak Tubuh	2.6%	41.0%	56.4%	100.0%
Normal	Count	0	6	11	17	
		% within Persen Lemak Tubuh	.0%	35.3%	64.7%	100.0%
Total	Count	1	22	33	56	
		% within Persen Lemak Tubuh	1.8%	39.3%	58.9%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	.673 ^a	2	.714
Likelihood Ratio	.960	2	.619
Linear-by-Linear Association	.489	1	.485
N of Valid Cases	56		

a. 2 cells (33,3%) have expected count less than 5. The minimum expected count is ,30.

4. Hubungan Antara Vitamin C dengan Fungsi Fisik.

Crosstab

			Fungsi Fisik		Total
			Sedang	Ringan	
Tingkat Kecukupan Vitamin C	Tidak Baik	Count % within Tingkat Kecukupan Vitamin C	12 66.7%	6 33.3%	18 100.0%
	Baik	Count % within Tingkat Kecukupan Vitamin C	7 18.4%	31 81.6%	38 100.0%
Total		Count % within Tingkat Kecukupan Vitamin C	19 33.9%	37 66.1%	56 100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	12.682 ^a	1	.000		
Continuity Correction ^b	10.622	1	.001		
Likelihood Ratio	12.522	1	.000		
Fisher's Exact Test				.001	.001
Linear-by-Linear Association	12.456	1	.000		
N of Valid Cases	56				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 6,11.

b. Computed only for a 2x2 table

5. Hubungan Antara Vitamin E dengan Fungsi Fisik.

Crosstab

			Fungsi Fisik		Total
			Sedang	Ringan	
Tingkat Kecukupan Vitamin E	Tidak Baik	Count	18	21	39
		% within Tingkat Kecukupan Vitamin E	46.2%	53.8%	100.0%
	Baik	Count	1	16	17
		% within Tingkat Kecukupan Vitamin E	5.9%	94.1%	100.0%
Total		Count	19	37	56
		% within Tingkat Kecukupan Vitamin E	33.9%	66.1%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi-Square	8.565 ^a	1	.003		
Continuity Correction ^b	6.863	1	.009		
Likelihood Ratio	10.302	1	.001		
Fisher's Exact Test				.005	.003
Linear-by-Linear Association	8.412	1	.004		
N of Valid Cases	56				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 5,77.

b. Computed only for a 2x2 table

6. Hubungan Persen Lemak Tubuh dengan Fungsi Fisik.

Crosstab

		Fungsi Fisik		Total
		Sedang	Ringan	
Persen Lemak Tubuh	Berisiko	Count 15	24	39
		% within Persen Lemak Tubuh 38.5%	61.5%	100.0%
Normal	Count	4	13	17
		% within Persen Lemak Tubuh 23.5%	76.5%	100.0%
Total	Count	19	37	56
		% within Persen Lemak Tubuh 33.9%	66.1%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.178 ^a	1	.278		
Continuity Correction ^b	.606	1	.436		
Likelihood Ratio	1.223	1	.269		
Fisher's Exact Test				.364	.220
Linear-by-Linear Association	1.157	1	.282		
N of Valid Cases	56				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 5,77.

b. Computed only for a 2x2 table

Master Data

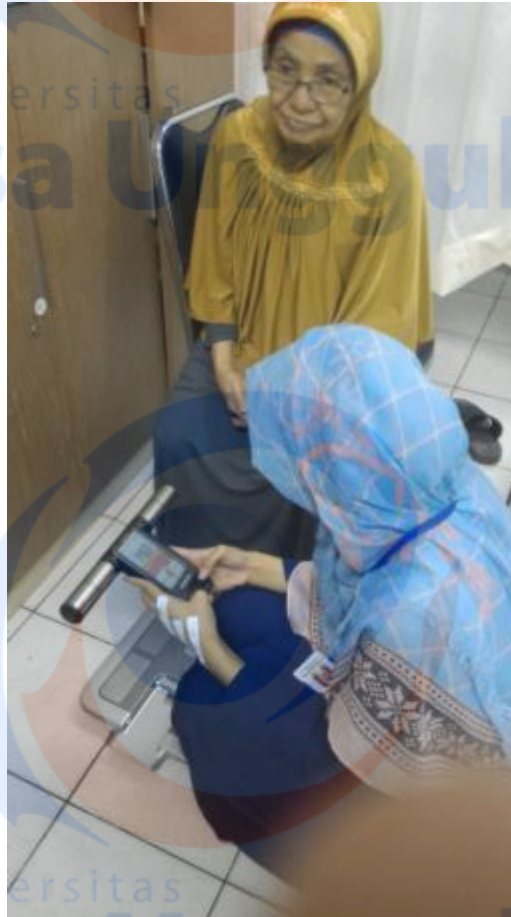
Nama	KategoriUsia	Usia	JenisKelamin	SkorPLT	PersenLemakTubuh	SkorTKC	TKC	SkorTKE	TKE	SRN	RN	SkorFF	FF
Aim	2	69	1	28,3.0	2,0.0	173	1	65	1	30	3	28,00.00	3
Ade	1	72	1	37,0.0	1,0.0	103	2	60	1	55	2	44,00.00	2
Sri	1	73	1	34,7.0	1,0.0	208	1	47	1	35	3	18,00.00	3
Ell	2	64	1	41,6.0	1,0.0	80	1	53	1	80	1	60,00.00	2
Fri	2	63	1	36,7.0	1,0.0	247	1	95	2	20	3	28,00.00	3
Put	1	76	1	30,6.0	2,0.0	73	1	28	1	60	2	27,00.00	3
End	2	62	1	41,7.0	1,0.0	99	2	106	2	30	3	37,00.00	3
Sur	1	79	2	18,5.0	2,0.0	73	1	70	1	45	2	38,00.00	3
Tum	2	66	1	43,3.0	1,0.0	56	1	41	1	50	2	37,00.00	3
Sum	2	62	1	36,4.0	1,0.0	62	1	103	2	40	2	34,00.00	3
Ach	2	70	2	23,4.0	2,0.0	94	2	126	1	30	3	18,00.00	3
I Wa	1	76	2	24,9.0	2,0.0	325	1	153	1	35	3	26,00.00	3
Mar	2	66	1	40,8.0	1,0.0	120	2	46	1	25	3	31,00.00	3
Moh	2	68	2	30,0.0	1,0.0	172	1	43	1	25	3	16,00.00	3
MT.S	1	75	1	31,1.0	1,0.0	58	1	39	1	55	2	48,00.00	2
Des	1	76	1	23,1.0	2,0.0	56	1	31	1	45	2	38,00.00	3
Dju	1	75	1	39,2.0	1,0.0	55	1	36	1	40	2	41,00.00	2
Leg	2	66	1	34,5.0	1,0.0	24	1	38	1	60	2	47,00.00	2
Ell	1	84	1	29,3.0	2,0.0	38	1	30	1	40	2	46,00.00	2
Ens	2	64	2	27,1.0	1,0.0	85	1	58	1	40	2	29,00.00	3

Ern	2	66	1	30,4.0	2,0.0	114	2	90	2	30	3	29,00.00	3
Mur	2	69	1	16,9.0	2,0.0	90	2	39	1	35	3	19,00.00	3
Pin	2	68	1	37,3.0	1,0.0	72	1	71	1	20	3	13,00.00	3
Jas	2	69	1	38,3.0	1,0.0	115	2	35	1	40	2	50,00.00	2
Muh	2	68	2	27,0.0	1,0.0	59	1	49	1	25	3	16,00.00	3
Ani	2	64	1	33,8.0	1,0.0	92	2	62	1	35	3	29,00.00	3
Tie	1	75	1	38,4.0	1,0.0	63	1	37	1	30	3	21,00.00	3
Tit	2	66	1	24,7.0	2,0.0	31	1	20	1	25	3	22,00.00	3
Ros	1	71	1	27,5.0	2,0.0	54	1	45	1	55	2	47,00.00	2
Nur	1	74	1	29,0.0	1,0.0	120	2	72	1	30	3	22,00.00	3
Tut	1	74	1	34,2.0	2,0.0	104	2	70	1	15	3	14,70.00	3
Sal	2	66	1	40,1.0	1,0.0	103	2	105	2	35	3	32,00.00	3
Onn	2	68	1	39,6.0	1,0.0	233	1	74	1	35	3	41,00.00	2
Mie	2	66	1	36,2.0	1,0.0	80	1	34	1	65	2	53,00.00	2
Mask	2	62	1	42,4.0	1,0.0	95	2	65	1	25	3	20,00.00	3
Est	1	73	1	30,7.0	2,0.0	101	2	47	1	30	3	43,00.00	2
Hen	2	66	2	33,4.0	1,0.0	49	1	22	1	45	2	43,00.00	2
Mur	2	64	2	28,4.0	1,0.0	98	2	77	1	35	3	18,00.00	3
Ros	2	65	1	34,4.0	1,0.0	158	1	94	2	35	3	38,00.00	3
Sut	2	64	2	27,2.0	1,0.0	102	2	77	1	30	3	24,00.00	3
Yul	1	77	1	36,6.0	1,0.0	64	1	23	1	55	2	56,00.00	2
Djo	2	63	2	39,6.0	1,0.0	35	1	31	1	30	3	43,00.00	2
Pri	2	64	1	42,8.0	1,0.0	81	1	62	1	55	2	52,00.00	2
Ris	2	65	1	41,4.0	1,0.0	108	2	63	1	30	3	38,00.00	3
R.Na	2	64	1	40,7.0	1,0.0	33	1	37	1	55	2	62,00.00	2

Roe	1	74	1	32,9.0	1,0.0	208	1	65	1	25	3	21,00.00	3
Yah	1	74	2	17,5.0	2,0.0	61	1	25	1	65	2	54,00.00	2
Sit	1	73	1	32,0.0	1,0.0	205	1	64	1	30	3	13,00.00	3
Een	2	64	1	42,7.0	1,0.0	13	1	24	1	60	2	51,00.00	2
Car	1	86	1	31,2.0	1,0.0	248	1	102	2	25	3	28,00.00	3
Zak	2	69	2	28,6.0	1,0.0	58	1	29	1	40	2	46,00.00	2
Ris	2	63	1	40,1.0	1,0.0	116	2	46	1	40	2	28,00.00	3
Pan	1	78	2	20,1.0	2,0.0	104	2	47	1	35	3	37,00.00	3
Puj	2	65	1	27,8.0	2,0.0	94	2	60	1	15	3	10,00.00	3
Dor	2	61	1	39,4.0	1,0.0	139	1	68	1	30	3	27,00.00	3
Idr	1	74	1	23,8.0	2,0.0	151	1	80	1	20	3	10,00.00	3

Lampiran 6

DOKUMENTASI









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