

ABSTRAK

**PENGARUH PENDIDIKAN GIZI DENGAN MEDIA AUDIOVISUAL DAN BOOKLET TERHADAP PENGETAHUAN GIZI DAN KEPATUHAN DIET GAGAL GINJAL KRONIK DENGAN HEMODIALISIS DI RUMAH SAKIT PGI CIKINI TAHUN 2018
PROGRAM STUDI GIZI**

Latar Belakang: Gagal ginjal kronik adalah gangguan fungsi ginjal yang progresif dan tidak dapat pulih kembali yang saat ini sudah menjadi masalah dunia. Gagal ginjal kronik tahap membutuhkan terapi pengganti ginjal salah satunya hemodialisis. Salah satu faktor yang sangat penting dalam penatalaksanaan pasien gagal ginjal kronik dengan hemodialisis adalah diet. Diet yang patuh (kepatuhan diet) muncul dari adanya pengetahuan yang baik. Pengetahuan diperoleh dari banyak hal, salah satunya adalah pendidikan gizi. Pendidikan gizi dapat dilakukan dengan atau tanpa media pendukung, namun perlu diketahui bahwa media sangat membantu proses pendidikan gizi. Media pendidikan gizi dalam penelitian ini adalah audiovisual dan booklet, lebih menarik dan mudah di ingat.

Tujuan: Mengetahui pengaruh pendidikan gizi dengan media audiovisual dan booklet terhadap pengetahuan gizi dan kepatuhan diet pada pasien gagal ginjal kronik dengan hemodialisis yang rutin menjalankan hemodialisis rawat jalan di renal unit rumah sakit PGI Cikini tahun 2018.

Metode Penelitian: Jenis penelitian ini adalah pre-eksperimen dengan desain one group pre-test post test tanpa kelompok pembandingan. Populasi penelitian ini adalah seluruh pasien penderita gagal ginjal kronik dengan hemodialisis yang rutin menjalankan hemodialisis di renal unit RS PGI Cikini dengan sampel sebanyak 43 responden. Data yang diambil dalam penelitian ini berupa karakteristik responden, pengetahuan gizi sebelum dan sesudah intervensi dan asupan makan sebelum dan sesudah intervensi yang dilakukan oleh peneliti dan enumerator. Analisa data penelitian ini menggunakan *uji Paired Sampel T-test dan Mc Nemar*

Hasil Penelitian: Dari hasil penelitian didapatkan bahwa jenis kelamin responden terbanyak adalah laki-laki (76.7%). Usia responden bervariasi 26- >65 tahun. Rata-rata pengetahuan gizi sebelum pendidikan gizi 7.56 ± 2.06 dan rata-rata pengetahuan gizi sesudah pendidikan gizi meningkat menjadi 11.84 ± 1.27 . Rata-rata asupan energi sebelum pendidikan gizi 1281.35 ± 481.169 dan rata-rata asupan energi sesudah pendidikan gizi 2240.23 ± 373.65 . Rata-rata asupan protein sebelum pendidikan gizi 52.83 ± 25.439 dan rata-rata asupan protein sesudah pendidikan gizi 129.5 ± 29.8 . Rata-rata asupan karbohidrat sebelum pendidikan gizi 179.15 ± 69.103 dan rata-rata asupan karbohidrat sesudah pendidikan gizi 312.20 ± 66.77 . Rata-rata asupan lemak sebelum pendidikan gizi 42.06 ± 31.276 dan rata-rata asupan lemak sesudah pendidikan gizi 75.97 ± 26.24 . Terdapat pengaruh pendidikan gizi terhadap pengetahuan gizi ($p=0,001$), asupan energi ($p=0,001$), asupan protein ($p=0,001$), asupan karohidrat ($p=0,001$) dan asupan lemak ($p=0.001$).

Kesimpulan: Ada pengaruh pemBeban glikemik, asupan serat, magnesium dan aktivitas fisik merupakan faktor yang memengaruhi kadar glukosa darah puasa. Faktor yang paling menentukan kadar glukosa darah puasa adalah beban glikemik.

Kata Kunci: gagal ginjal kronik, hemodialisis, pendidikan gizi, audiovisual, booklet, pengetahuan gizi, kepatuhan diet

Daftar Bacaan: 87 (1996, 2000-2017).

ABSTRACT

EFFECT OF NUTRITIONAL EDUCATION WITH AUDIOVISUAL AND BOOKLET MEDIA ON NUTRITION KNOWLEDGE AND COMPLIANCE WITH CHRONIC KIDNEY DIET WITH HEMODIALYSIS IN PGI CIKINI HOSPITAL IN 2018 NUTRITION STUDY PROGRAM

Background: Chronic renal failure is a progressive disorder of kidney function that cannot be recovered, which is now a world problem. Chronic renal failure stage requires renal replacement therapy one of which is hemodialysis. One very important factor in the management of patients with chronic renal failure with hemodialysis is diet. A diet that is compliant (diet compliance) arises from the existence of good knowledge. Knowledge is gained from many things, one of which is nutrition education. Nutrition education can be done with or without supporting media, but please note that the media is very helpful in the process of nutrition education. Nutrition education media in this study are audiovisual and booklets, more interesting and easy to remember.

Objective: To determine the effect of nutritional education with audiovisual media and booklets on nutritional knowledge and dietary compliance in patients with chronic renal failure with hemodialysis who routinely undergo outpatient hemodialysis in renal PGI Cikini hospital units in 2018.

Research Method: This type of research is pre-experiment with the design of one group pre-test post test without comparison group. The population of this study were all patients with chronic renal failure with hemodialysis who routinely performed hemodialysis in the unit of PGI Cikini Hospital with a sample of 43 respondents. The data taken in this study are respondent characteristics, nutritional knowledge before and after the intervention and food intake before and after the intervention conducted by researchers and enumerators. Analysis of this research data using Paired Sample T-test and Mc Nemar test

Research Results: From the results of the study it was found that the sex of the most respondents was male (76.7%). The respondent's age varied from 26 to 65 years. The average nutritional knowledge before nutritional education was 7.56 ± 2.06 and the average nutritional knowledge after nutritional education increased to 11.84 ± 1.27 . The average energy intake before nutrition education was 1281.35 ± 481.169 and the average energy intake after nutritional education was 2240.23 ± 373.65 . Average protein intake before nutritional education $52.83 \pm 25,439$ and average protein intake after nutritional education 129.5 ± 29.8 . The average carbohydrate intake before nutritional education 179.15 ± 69.103 and the average carbohydrate intake after nutritional education 312.20 ± 66.77 . The average fat intake before nutritional education was $42.06 \pm 31,276$ and the average fat intake after nutritional education was 75.97 ± 26.24 . There was an influence of nutritional education on nutritional knowledge ($p = 0.001$), energy intake ($p = 0.001$), protein intake ($p = 0.001$), carbohydrate intake ($p = 0.001$) and fat intake ($p = 0.001$).

Conclusion: There is an effect of glycemic load, fiber intake, magnesium and physical activity are factors that influence fasting blood glucose levels. The most determining factor in fasting blood glucose levels is glycemic load.

Keywords: chronic renal failure, hemodialysis, nutritional education, audiovisual, booklet, nutritional knowledge, dietary compliance.

Reading List: 87 (1996, 2000-2017).