

ABSTRAK

Judul : Hubungan Asupan *Polyunsaturated Fatty Acids*, Rasio Omega-6/Omega-3, dan Vitamin Terhadap Skor PANSS Penderita Skizofrenia Di Rumah Sakit Ernaldi Bahar Provinsi Sumatera Selatan

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Program Studi : Gizi

xiv, VI Bab, 95 Halaman, 14 Tabel, 5 Gambar, 22 Grafik, 1 Rumus, 10 Lampiran

Latar belakang: Penderita skizofrenia berisiko mengalami kematian dua kali lebih tinggi dibandingkan masyarakat pada umumnya. Pasien jarang menunjukkan perbaikan gejala meski telah menjalani pengobatan. Sehingga, dibutuhkan faktor lain seperti faktor gizi melalui asupan zat gizi yang dapat membantu memperbaiki gejala pada penderita skizofrenia. Beberapa asupan zat gizi yang berperan dalam kesehatan mental adalah *polyunsaturated fatty acids* (omega-3 dan omega-6), vitamin D serta vitamin B kompleks (vitamin B6, B9 dan B12).

Tujuan penelitian: Untuk mengetahui hubungan asupan *polyunsaturated fatty acids*, rasio omega-6/omega-3, dan vitamin terhadap skor PANSS penderita skizofrenia di Rumah Sakit Ernaldi Bahar Provinsi Sumatera Selatan.

Metode: Penelitian ini merupakan penelitian kuantitatif observasional yang bersifat deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh pasien skizofrenia yang dirawat inap dengan sampel sebanyak 63 responden. Analisis data menggunakan korelasi *spearman*.

Hasil: Terdapat hubungan yang signifikan ($p < 0,05$) antara asupan asam lemak omega-3 ($r = -0,463$), omega-6 ($r = -0,522$), rasio omega-6/omega-3 ($r = 0,325$), asupan vitamin D ($r = -0,252$), vitamin B6 ($r = -0,421$), vitamin B9 ($r = -0,366$) terhadap skor PANSS. Namun tidak terdapat hubungan yang signifikan antara vitamin B12 dan skor PANSS.

Kesimpulan: Intervensi gizi melalui asupan *polyunsaturated fatty acids* dan vitamin yang adekuat, berperan dalam memperbaiki gejala skizofrenia yang dapat dilihat berdasarkan skor PANSS. Namun perbaikan skor PANSS juga tidak terlepas dari intervensi farmakologis dan intervensi psikologis.

Kata Kunci:

Polyunsaturated fatty acids, Rasio Omega-6/Omega-3, Vitamin, Skor PANSS

Daftar Bacaan: 122 (1967-2018)

ABSTRACT

Title : Relationship Between Intake Of Polyunsaturated Fatty Acids, The Ratio of Omega-6/Omega-3, and Vitamin On The Panss Score Of Schizophrenics At The Ernaldi Bahar Hospital In South Sumatera Province

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xiv, VI Chapters, 95 Pages, 14 Tables, 5 Figures, 22 Graphs, 1 Formula, 10 Attachments

Background: People with schizophrenia are at risk of dying twice as high as people in general. Patients rarely show improvement in symptoms despite treatment. Therefore, other factors are needed such as nutritional factors through nutrient intake that can help improve symptoms in schizophrenics. Some intake of nutrients that play a role in mental health are polyunsaturated fatty acids (omega-3 and omega-6), vitamin D and vitamin B complex (vitamin B6, B9 and B12).

Objective: To determine the relationship between intake of polyunsaturated fatty acids, the ratio of omega-6/omega-3, and vitamin on the PANSS score of schizophrenics at the Ernaldi Bahar Hospital in South Sumatra Province.

Method: This was a descriptive quantitative observational study with a cross sectional approach. The population in this study were all of schizophrenic patients with a sample of 63 respondents. Data were analyzed using spearman correlation.

Result: There was a significant relationship ($p < 0,05$) between intake of omega-3 fatty acids ($r = -0,463$), omega-6 ($r = -0,522$), the ratio of omega-6/omega-3 ($r = 0,325$), vitamin D ($r = -0,252$), vitamin B6 ($r = -0,421$), vitamin B9 ($r = -0,336$) and PANSS score. However there was no significant relationship between vitamin B12 and PANSS score.

Conclusion: Nutritional intervention through adequate intake of polyunsaturated fatty acids and vitamin may play a role in improving the symptoms of schizophrenia which can be seen based on PANSS scores, but the improvement in PANSS scores is also inseparable from pharmacological intervention and psychological intervention.

Key Words : Polyunsaturated Fatty Acids, The Ratio Omega-6/Omega-3, Vitamin, PANSS Score

References : 122 (1967-2018).