

ABSTRACT

Title : Relationship between Energy Intake, Macro Nutrition Substance, Body Mass Index (BMI) and ARV Therapy with Quality of Life for PLWHA (People with HIV/AIDS) in Cengkareng District Health Center West Jakarta.

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Study program : Science of Nutrition

Background : Human Immunodeficiency Virus (HIV) infection has caused widespread problems in infected individuals. Several problems that arise are nutritional intake, such as energy intake, macro nutrient intake, Body Mass Index (BMI) and adherence to ARV therapy. HIV / AIDS sufferers tend to ignore their food intake and often forget to take their ARV drugs, this can have an impact on the quality of life both physically, psychologically, socially and environmentally.

Purpose :Determined the relationship of energy intake, macro nutrient intake, body mass index (BMI) and ARV therapy in the Cengkareng District Health Center, West Jakarta.

Study Method :This study uses a cross-sectional design and quantitative methods. Instruments The research instruments used in this study were 2 ×24-hour food recall, anthropometry, WHOQOL-BREF questionnaire and MMAS-8 questionnaire

Result: The results showed that there was no relationship ($p > 0.05$) between nutritional intake (energy, carbohydrate, protein, and fat) and Body Mass Index (BMI) with quality of life for PLWHA in Cengkareng Sub-District Health Center, while there was a relationship ($p < 0,05$) between ARV therapy and the quality of life of PLWHA in the Cengkareng District Health Center.

Conclusion: There is no significant relationship between nutritional intake (energy, carbohydrate, protein and fat) and Body Mass Index (BMI) with quality of life. And there is a relationship between ARV therapy and the quality of life for PLWHA if ODHA regularly take ARV therapy that will make patients better.

Keyword: HIV/AIDS, energy intake, Macro Nutrition Substance, Body Mass Index (BMI), ARV Therapy, Quality of Life