

ABSTRAK

Nama : Wilis Laksari Putri Adjie
Program Studi : Ilmu Gizi
Judul : Aktivitas Fisik, Persen Lemak Tubuh, dan Asupan Zat Gizi dengan Gradasi Pasien Osteoarthritis Genu Di Poli Fisioterapi RSUP Fatmawati Jakarta Tahun 2021

Latar belakang : Indonesia memasuki periode aging population, dimana terjadi peningkatan umur harapan hidup yang diikuti dengan peningkatan jumlah lansia. Osteoarthritis (OA) merupakan penyakit sendi degeneratif berkaitan dengan kerusakan kartilago sendi yang sering terjadi pada proses penuaan. **Tujuan :** Penelitian ini bertujuan mengetahui hubungan aktivitas fisik, persen lemak tubuh, dan asupan zat gizi pada pasien osteoarthritis genu di Poli Fisioterapi RSUP Fatmawati Jakarta Tahun 2021. **Metode Penelitian :** Penelitian ini menggunakan desain penelitian observasional dengan metode cross sectional. Penelitian dilakukan pada bulan November 2021–April 2022 di Poli Fisioterapi RSUP Fatmawati Jakarta. Subyek penelitian adalah pasien yang didiagnosis dengan osteoarthritis genu yang sedang rawat jalan di Poli Fisioterapi RSUP Fatmawati Jakarta yang memenuhi kriteria inklusi. **Hasil :** hasil uji statistik menunjukkan ada perbedaan yang bermakna nilai rata-rata persen lemak tubuh dengan gradasi pasien OA, nilai $p = 0.004$. Namun, tidak ada perbedaan yang bermakna antara rata-rata skor aktifitas fisik, dan asupan zat gizi makro (energi, protein, lemak dan karbohidrat), BCAA (arginine dan histidine), serta asupan zat gizi mikro (vitamin C, vitamin D, vitamin E dan Kalsium). **Simpulan:** Penurunan berat badan direkomendasikan untuk mengurangi keparahan OA, ditekankan pada pembatasan konsumsi lemak, serta konsumsi cukup vitamin mineral dan melakukan aktivitas fisik sesuai kemampuan fisik.

Kata Kunci : Osteoarthritis Genu, Aktivitas Fisik, Persen lemak tubuh, Asupan Zat Gizi
xiv+93 halaman : 4 gambar; 25 tabel
Daftar Pustaka : 39 (2006-2022)

ABSTRACT

Name : Wilis Laksari Putri Adjie
Program Study: Nutrition
Title : Physical Activity, Body Fat Percentage, and Nutrient Intake With Gradation of Osteoarthritis Genu Patient in Physiotherapy Poly, Fatmawati Hospital, Jakarta 2021

Background: Indonesia is entering a period of aging population, where there is an increase in life expectancy followed by an increase in the number of elderly people. Osteoarthritis (OA) is a degenerative joint disease associated with joint cartilage damage that often occurs in the aging process. **Objective:** This study aims to determine the correlation between physical activity, body fat percentage, and nutrient intake in patients with osteoarthritis genu at the Physiotherapy Poly at Fatmawati Hospital Jakarta in 2021. **Methods:** This study used an observational research design with a cross sectional method. The study was conducted in November 2021–April 2022 at the Physiotherapy Poly at Fatmawati Hospital Jakarta. The research subjects were patients diagnosed with genu osteoarthritis who were outpatients at the Physiotherapy Poly at Fatmawati Hospital Jakarta who met the inclusion criteria. **Results:** the results of statistical tests showed that there was a significant difference in the average percentage of body fat with the gradation of OA patients, p value = 0.004. However, there was no significant difference between the average physical activity score, and intake of macronutrients (energy, protein, fat and carbohydrates), BCAAs (arginine and histidine), and intake of micronutrients (vitamin C, vitamin D, vitamin D, vitamin E and Calcium). **Conclusion:** Weight loss is recommended to reduce the severity of OA, emphasizing on limiting fat consumption, as well as consuming enough vitamins and minerals and doing physical activity according to physical abilities.

Keywords : Osteoarthritis Genu, Physical Activity, Body fat percentage, Nutrient Intake
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