ABSTRAK

UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI ILMU GIZI
SKRIPSI, OKTOBER 2020

NURRUL KARIMAH

HUBUNGAN PENURUNAN BERAT BADAN, ASUPAN, HEMOGLOBIN DAN ALBUMIN TERHADAP STATUS GIZI PASIEN KANKER NON DIGESTIF

VI, VI BAB, 81 Halaman, 11 Tabel, 1 gambar, 0 Grafik

Pendahuluan: Kejadian penurunan berat badan dan malnutrisi dapat diakibatkan oleh kanker. Asupan yang tidak adekuat, perubahan metabolisme zat gizi dan respon inflamasi merupakan penyebab tersebut. Anemia yang dikarenakan defisiensi besi sering terjadi pada pasien kanker. Pada kanker stadium lanjut, malnutrisi dan inflamasi akan menekan sintesa albumin. **Tujuan:** untuk mengetahui hubungan penurunan berat badan, asupan, kadar hemoglobin, dan albumin terhadap status gizi pasien kanker non digestif. **Bahan dan metode:** dengan pendekatan *cross sectional*, jumlah sampel 28 dengan besar sampel *purposive sampling*, di ruang rawat inap terpadu Gedung A RSCM. Instrumen menggunakan kuesioner karakteristik dan penyakit (penurunan berat badan dan indeks massa tubuh), formulir *food recall* 2x24 jam (asupan) dan data rekam medis (hemoglobin dan albumin) kemudian diuji dengan uji statistik *Pearson Product Moment* dan *Spearman* ($p<0,05$). **Hasil penelitian:** Tidak adanya hubungan antara penurunan berat badan, asupan terhadap status gizi pasien kanker non digestif namun ada kecenderungan positif yaitu semakin tinggi asupan lemak ($r=0,254$, $p=0,193$), protein ($r=0,249$, $p=0,201$), energi ($r=0,238$, $p=0,223$), hemoglobin ($r=0,185$, $p=0,346$), albumin ($r=0,158$, $p=0,420$), asupan karbohidrat ($r=0,136$, $p=0,492$) dan zat besi ($r=0,126$, $p=0,523$) maka semakin baik status gizi, sedangkan ada kecenderungan negatif yaitu semakin rendah penurunan berat badan ($r=-0,270$, $p=0,165$) maka semakin baik status gizi. **Kesimpulan:** Rendahnya penurunan berat badan, tingginya asupan, hemoglobin dan albumin akan mempertahankan kelangsungan hidup pasien kanker.

***Kata Kunci**: berat badan; asupan; hemoglobin; albumin; status gizi*
Bacaan: 43 (1997 – 2020)

ABSTRACT

DEPARTMENT OF NUTRITION
FACULTY OF HEALTH SCIENCES
ESA UNGGUL UNIVERSITY
SKRIPSI, OKTOBER 2020

NURRUL KARIMAH

RELATIONSHIP OF LOSSING BODY, INTAKE, HEMOGLOBIN AND ALBUMIN TO NUTRITIONAL STATUS OF NON-DIGESTIVE CANCER PATIENTS

VI, VI BAB, 81 Halaman, 11 Tabel, 1 gambar, 0 Grafik

Introduction: Incidence of weight loss and malnutrition can be caused by cancer. Inadequate intake, changes in nutrient metabolism and inflammatory responses are the causes. Anemia that occurs in cancer patients is caused by iron deficiency. At an advanced stage of cancer, malnutrition and inflammation will suppress albumin synthesis. **Objective:** to see the relationship between weight loss, intake, hemoglobin and albumin levels on the nutritional status of non-digestive cancer patients. **Materials and methods**: with a cross sectional approach, the number of samples was 28 with a sample size of purposive sampling, in an integrated ward in Building A RSCM. Instruments that used questionnaires (weight loss and body mass index), 2x24 hour food recall form (intake) and medical record data (hemoglobin and albumin) were then tested using Pearson Product Moment and Spearman statistical tests ($p < 0.05$). **Results:** There was no relationship between weight loss, intake on nutritional status of non-digestive cancer patients, but there was a positive trend, namely high intake of fat ($r = 0.254$, $p = 0.193$), protein ($r = 0.249$, $p = 0.201$), energy ($r = 0.238$, $p = 0.223$), hemoglobin ($r = 0.185$, $p = 0.346$), albumin ($r = 0.158$, $p = 0.420$), carbohydrate intake ($r = 0.136$, $p = 0.492$) and iron ($r = 0.126$), $p = 0.523$) the better the nutritional status, while there was a negative trend, namely the lower the weight loss ($r = -0.270$, $p = 0.165$), the better the nutritional status. **Conclusion:** Low weight loss, high intake, hemoglobin and albumin will maintain the survival of cancer patients.

Keyword: *weight loss; intake; hemoglobin; albumin; nutritional status*
Reading list: 43 (1997 – 2020)