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## **HUBUNGAN ANTARA ASUPAN ENERGI DAN STATUS GIZI DENGAN LAMA HARI RAWAT INAP PASIEN TUBERKULOSIS PARU DI RUMAH SAKIT PARU dr. ARIO WIRAWAN SALATIGA**

### **ABSTRAK**

**Latar Belakang :** Pasien tuberkulosis paru rentan mengalami risiko malnutrisi yang disebabkan oleh kondisi pasien yang mengalami penurunan imunitas tubuh. Asupan energi yang adekuat bagi pasien rawat diperlukan untuk mencegah penurunan status gizi dan penurunan kondisi pasien yang dapat mempengaruhi lama hari rawat inapnya.

**Tujuan :** Tujuan dari penelitian ini yaitu untuk mengetahui hubungan antara asupan energi dan status gizi dengan lama hari rawat inap pasien tuberkulosis paru.

**Metode :** Penelitian ini bersifat korelasi dengan menggunakan pendekatan *cross sectional*, teknik pengambilan sampel dengan *accidental sampling* yang dilakukan selama 1 bulan pada pasien tuberkulosis dengan usia 18 – 65 tahun sebanyak 57 responden di Rumah Sakit Paru dr. Ario Wirawan Salatiga, instrumen penelitian menggunakan formulir karakteristik pasien, formulir *Recall – 24 jam*, formulir *comstock*, formulir antropometri, serta analisis bivariat menggunakan uji *spearman*.

**Hasil :** Dari hasil analisis univariat menunjukkan rata - rata asupan energi yaitu 74,79%, rata - rata IMT 17,98 kg/m<sup>2</sup>, dan rata - rata lama rawat inap pasien selama 6 hari, hasil analisis bivariat menunjukkan bahwa terdapat hubungan antara asupan energi dengan lama rawat inap dimana p value 0,001 dengan koefisinsi korelasi ( $r = -0,721$ ) dan terdapat hubungan antara status gizi dengan lama rawat inap dimana p value 0,001 dengan koefisinsi korelasi ( $r = -0,632$ ).

**Kesimpulan :** Terdapat hubungan antara asupan energi dan status gizi dengan lama hari rawat inap pasien tuberkulosis paru di Rumah Sakit Paru dr. Ario Wirawan Salatiga.

**Kata Kunci :** Tuberkulosis Paru, Asupan energi, Status Gizi, Lama Rawat Inap

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**CORRELATION BETWEEN ENERGY INTAKE AND NUTRITIONAL STATUS WITH THE LENGTH OF STAY PULMONARY TUBERCULOSIS PATIENT AT THE PULMONARY HOSPITAL dr. ARIO WIRAWAN SALATIGA**

**ABSTRACT**

**Background:** Pulmonary tuberculosis patients are susceptible to the risk of malnutrition caused by the condition of the patient who has decreased body immunity. Adequate energy intake for in-patients is necessary to prevent a decrease in nutritional status and a decrease in the patient's condition which can affect the length of stay.

**Purpose :** The purpose of this study was to determine the relationship between energy intake and nutritional status with the length of stay of pulmonary tuberculosis patients.

**Method :** This study is a correlation using a cross-sectional approach, sampling technique with accidental sampling conducted for 1 month in tuberculosis patients aged 18-65 years many as 57 respondents at dr. Ario Wirawan Salatiga, research instruments used patient characteristics forms, Recall – 24 hours forms, comstock forms, anthropometric forms, and bivariate analysis using the Spearman test.

**Result :** Results of the study of the univariate analysis showed that the average energy intake was 74.79%, the average BMI was 17.98 kg/m<sup>2</sup>, and the average length of stay was 6 days, the results of the bivariate analysis showed that there was a relationship between energy intake and length of stay where the p value was 0.001 with a correlation coefficient of (r = - 0,721) and there was a relationship between nutritional status and length of stay where the p value was 0.001 with a correlation coefficient of (r = - 0,632).

**Conclusion:** It was concluded that is correlation between energy intake and nutritional status with the length of stay of pulmonary tuberculosis patients at dr. Ario Wirawan Salatiga.

**Keywords:** Pulmonary tuberculosis, Energy Intake, Nutritional Status, Length of Stay