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Skripsi, Juli 2023  
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**HUBUNGAN ANTARA ASUPAN ENERGI DAN STATUS GIZI DENGAN LAMA  
RAWAT INAP PASIEN PENYAKIT PARU OBSTRUKSI KRONIK (PPOK) DI  
RUMAH SAKIT PARU dr. ARIO WIRAWAN SALATIGA**

**ABSTRAK**

**Latar Belakang :** Penyakit Paru Obstruksi Kronik (PPOK) merupakan masalah kesehatan global yang meningkat setiap tahun dan menyebabkan kematian. Di Indonesia, PPOK mencapai 3,7% didominasi laki-laki. Status gizi pasien PPOK kurang karena nafsu makan menurun. Status gizi pasien PPOK kurang bahkan malnutrisi, hal ini disebabkan pasien PPOK sering mengalami penurunan berat badan yang drastis. Selain peningkatan penyakit PPOK, terjadi peningkatan lama hari rawat inap pada pasien PPOK setiap tahun.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui hubungan asupan energi dan status gizi dengan lama rawat inap pasien Penyakit Paru Obstruksi Kronik (PPOK) di Rumah Sakit Paru dr. Ario Wirawan Salatiga.

**Metode :** Penelitian ini adalah penelitian kuantitatif dengan desain penelitian observasional analitik menggunakan pendekatan *cross sectional*. Sampel diambil dengan menggunakan teknik *accidental sampling* disesuaikan dengan kriteria inklusi dan eksklusi, memperoleh hasil sebanyak 59 responden. Pengumpulan data diperoleh melalui wawancara, observasional dan data rekam medis. Analisis data menggunakan uji *spearman*.

**Hasil :** Hasil analisis bivariat menunjukkan ada hubungan antara asupan energi dengan lama rawat inap dengan ( $p\text{-value}=0,001 < 0,05$ ), dan tidak ada hubungan antara status gizi dengan lama rawat inap ( $p\text{-value}=0,252 > 0,05$ ).

**Simpulan :** Ada hubungan antara asupan energi dengan lama rawat inap dimana apabila asupan energi menurun maka lama rawat inap meningkat dan tidak ada hubungan antara status gizi dengan lama rawat inap dimana apabila status gizi menurun maka lama rawat inap juga menurun.

**Kata Kunci :** Penyakit Paru Obstruksi Kronik (PPOK), asupan energi, status gizi, lama rawat inap.

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Final Project, July 2023  
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**THE CORRELATION BETWEEN ENERGY INTAKE AND NUTRITIONAL STATUS WITH THE LENGTH OF STAY HOSPITALIZATION OF PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AT THE PULMONARY DISEASE dr. ARIO WIRAWAN SALATIGA**

**ABSTRACT**

**Background :** *Chronic Obstructive Pulmonary Disease (COPD) is a global health problem that increases every year and causes death. In Indonesia, COPD reaches 3.7%, dominated by men. The nutritional status of COPD patients is poor due to decreased appetite. The nutritional status of COPD patients is lacking and even malnutrition, this is because COPD patients often experience drastic weight loss. In addition to the increase in COPD disease, there is an increase in the length of stay in COPD patients every year.*

**Objective :** *This study aims to determine the correlation between energy intake and nutritional status with length of stay of Chronic Obstructive Pulmonary Disease (COPD) patients at dr. Ario Wirawan Salatiga.*

**Methods :** *This research is a quantitative study with an analytic observational research design using a cross sectional approach. Samples were taken using the accidental sampling technique adjusted to the inclusion and exclusion criteria, obtaining the results of 59 respondents. Data collection was obtained through interviews, observational and medical record data. Data analysis used the Spearman test.*

**Results :** *The results of the bivariate analysis showed that there is a correlation between energy intake and length of stay ( $p\text{-value} = 0.001 < 0.05$ ), and there is no correlation between nutritional status and length of stay ( $p\text{-value} = 0.252 > 0.05$ ).*

**Conclusion :** *There is a correlation between energy intake and length of stay where if energy intake decreases, length of stay increases and there is no correlation between nutritional status and length of stay where if nutritional status decreases then length of stay also decreases.*

**Keywords :** *Chronic Obstructive Pulmonary Disease (COPD), energy intake, nutritional status, length of stay.*