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**HUBUNGAN ASUPAN PROTEIN DAN ZAT BESI DENGAN
KADAR HEMOGLOBIN PASIEN GAGAL GINJAL KRONIK
DI UNIT HEMODIALISA RSUD dr. GONDO SUWARNO**

ABSTRAK

Latar Belakang: Gagal ginjal kronik (GGK) adalah kondisi dengan penurunan fungsi ginjal secara bertahap yang dapat menimbulkan komplikasi seperti anemia. Anemia pada pasien GGK terutama disebabkan oleh penurunan produksi eritropoietin, inflamasi kronik, dan asupan zat gizi yang tidak mencukupi, khususnya protein dan zat besi. Penelitian ini bertujuan mengetahui hubungan antara asupan protein dan zat besi dengan kadar hemoglobin pasien GGK di unit hemodialisa RSUD dr. Gondo Suwarno.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional* pada 38 pasien GGK di unit hemodialisa RSUD dr. Gondo Suwarno. Asupan protein dan zat besi dikumpulkan melalui wawancara menggunakan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), sedangkan kadar hemoglobin diperoleh dari rekam medis. Analisis hubungan antara variabel dilakukan menggunakan uji *Pearson*.

Hasil: Penelitian ini menunjukkan bahwa rerata asupan protein adalah 51,14 gr/hari, rerata asupan zat besi sebesar 10,04 mg/hari dan rerata kadar hemoglobin sebesar 9,48 g/dL. Hasil analisis menunjukkan tidak terdapat hubungan yang signifikan antara asupan protein dengan kadar hemoglobin ($p=0,949$) maupun antara asupan zat besi dengan kadar hemoglobin ($p=0,993$) pasien gagal GGK di unit hemodialisa RSUD dr. Gondo Suwarno.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara asupan protein maupun zat besi dengan kadar hemoglobin pada pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD dr. Gondo Suwarno.

Kata Kunci: gagal ginjal kronik, kadar hemoglobin, protein, zat besi

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**THE RELATIONSHIP BETWEEN PROTEIN AND IRON INTAKE AND
HEMOGLOBIN LEVELS IN CHRONIC KIDNEY DISEASE PATIENTS
AT THE HEMODIALYSIS UNIT OF RSUD dr. GONDO SUWARNO**

ABSTRACT

Background : Chronic kidney disease (CKD) is a condition characterized by a gradual decline in kidney function, which can to complications such as anemia. Anemia in CKD patients is primarily caused by decreased erythropoietin production, chronic inflammation, and inadequate nutrient intake, especially protein and iron. This study aims to investigate the relationship between protein and iron intake and hemoglobin levels in CKD patients at the hemodialysis unit of RSUD dr. Gondo Suwarno.

Methods : This observational analytic study used a cross-sectional design involving 38 CKD patients at the hemodialysis unit of RSUD dr. Gondo Suwarno. Data on protein and iron intake were collected through interviews using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while hemoglobin levels were obtained from medical records. The relationship between variables was analyzed using Pearson's correlation test.

Results : The study showed that the average protein intake was 51,14 g/day, the average iron intake was 10,04 mg/day, and the average hemoglobin level was 9,48 g/dL. The analysis result showed no significant relationship between protein intake and hemoglobin levels ($p=0,949$) nor between iron intake and hemoglobin levels ($p=0,993$) in CKD patients at the hemodialysis at RSUD dr. Gondo Suwarno.

Conclusion: There is no significant relationship between protein and iron intake and hemoglobin levels in CKD patient at the hemodialysis at RSUD dr. Gondo Suwarno

Keywords: chronic kidney disease, hemoglobin level, protein, iron