

**HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI  
PASIEN *TUBERCULOSIS* DI UNIT PELAKSANAAN TEKNIS DAERAH  
PUSKESMAS LUBUK BAJA  
KOTA BATAM**

Siti Khairunnisa  
Program Studi Sarjana Gizi  
Institut Kesehatan Mitra Bunda

Dosen Pembimbing  
Herviana, S.Gz., M.Gz  
Amalina Rizma S.Gz., M.Gz

**ABSTRAK**

Penurunan berat badan dan nafsu makan seringkali terjadi pada pasien *tuberculosis*. Determinan penyakit *tuberculosis* salah satunya adalah infeksi dan status gizi. Pasien *tuberculosis* mengalami penurunan status gizi disebabkan tingkat perilaku terhadap makanan dan kesehatan, khususnya kecukupan energi dan protein. Jumlah Pasien *tuberculosis* yaitu 447 pasien. Pada Pasien *tuberculosis* rawat jalan di UPT Puskesmas Lubuk Baja Kota Batam, terdapat 38 Pasien *tuberculosis* yang mengalami defisit asupan energi sebanyak 100% dan defisit asupan protein sebanyak 100%. Penelitian ini bertujuan untuk menganalisis hubungan antara asupan energi dan protein dengan status gizi pasien *tuberculosis* (TB) di UPT Puskesmas Lubuk Baja Kota Batam. Jenis penelitian yang digunakan adalah kuantitatif dengan metode observasional analitik dan pendekatan *cross sectional*. Sampel penelitian berjumlah 38 pasien *tuberculosis* rawat jalan yang memenuhi kriteria inklusi dan eksklusi. Pengumpulan data dilakukan melalui wawancara menggunakan kuesioner Semi *Quantitative Food Frequency Questionnaire* (SQ-FFQ) dan pengukuran status gizi berdasarkan indeks massa tubuh (IMT). Hasil penelitian menunjukkan bahwa seluruh pasien (100%) memiliki asupan energi dan protein dalam kategori defisit. Status gizi pasien sebagian besar tergolong normal (50%), kurus ringan (31,6%), dan kurus berat (18,4%). Analisis statistik menggunakan uji korelasi *Spearman* menunjukkan adanya hubungan yang signifikan antara asupan energi dengan status gizi ( $r = 0,445$ ;  $p = 0,005$ ) dan antara asupan protein dengan status gizi ( $r = 0,613$ ;  $p = 0,001$ ). Hal ini menunjukkan bahwa semakin rendah asupan energi dan protein, maka semakin rendah pula status gizi pasien *tuberculosis*. Kesimpulan dari penelitian ini adalah terdapat hubungan yang signifikan antara asupan energi dan protein dengan status gizi pasien *tuberculosis* di UPT Puskesmas Lubuk Baja Kota Batam. Diharapkan hasil penelitian ini dapat menjadi acuan bagi tenaga kesehatan dalam memberikan edukasi gizi serta bagi pasien untuk memperbaiki pola makan guna mendukung proses penyembuhan.

**Kata Kunci : Asupan energi, Asupan Protein, Status Gizi**

**THE RELATIONSHIP BETWEEN ENERGY AND PROTEIN INTAKE AND  
THE NUTRITIONAL STATUS OF TUBERCULOSIS PATIENTS AT THE  
REGIONAL TECHNICAL  
IMPLEMENTATION UNIT OF THE LUBUK BAJA COMMUNITY HEALTH  
CENTER, BATAM CITY.**

Siti Khairunnisa

*Bachelor of nutrition Study Program*

*Institut Kesehatan Mitra Bunda*

*Supervisor*

Herviana, S.Gz., M.Gz

Amalina Rizma, S.Gz., M.Gz

**ABSTRACT**

*Weight loss and loss of appetite are common in tuberculosis patients. Tuberculosis disease is determined by infection and nutritional status. Tuberculosis patients experience a decline in nutritional status due to the level of behavior towards food and health, especially energy and protein sufficiency. In outpatient tuberculosis patients at the UPT Lubuk Baja Community Health Center, Batam City, there were 38 tuberculosis patients who experienced a 100% energy intake deficit and a 100% protein intake deficit. In this study, patients with normal nutritional status were 19 patients (50%), mild wasting nutritional status were 12 patients (31.6%), and severe wasting nutritional status were 7 patients (18.4%). This study aims to analyze the relationship between energy and protein intake with the nutritional status of tuberculosis (TB) patients at the Lubuk Baja Public Health Center (UPT Puskesmas Lubuk Baja) in Batam City. This research employed a quantitative method with an observational analytic design and a cross-sectional approach. The sample consisted of 38 outpatient TB patients who met the inclusion and exclusion criteria. Data were collected through interviews using Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) and nutritional status was assessed based on the Body Mass Index (BMI). The results showed that all respondents (100%) had energy and protein intake categorized as deficient. The majority of the patient had normal nutritional status (50%), followed by mildly underweight (31.6%) and severely underweight (18.4%). Statistical analysis using the Spearman correlation test revealed a significant relationship between energy intake and nutritional status ( $r = 0.445$ ;  $p = 0.005$ ) as well as between protein intake and nutritional status ( $r = 0.613$ ;  $p = 0.001$ ). These findings indicate that lower energy and protein intake are associated with poorer nutritional status among tuberculosis patients. In conclusion, there is a significant relationship between energy and protein intake and the nutritional status of tuberculosis patients at the Lubuk Baja Public Health Center in Batam City. The results of this study are expected to serve as a reference for healthcare professionals in providing nutritional education and for patients to improve their dietary habits to support the recovery process.*

**Keywords :** *energy intake, Protein intake, Nutritional status, Tuberculosis*