

ABSTRAK

KORI AINIL FITRI. 2019. Pemberian Konseling Gizi Terhadap Tingkat Pengetahuan, Tingkat Konsumsi (Energi, Protein, Vitamin C), Kadar Hemoglobin Pada Pasien Wanita Dengan Kanker di Kota Malang. Pembimbing : Dr. Nurrahman, STP, MP dan Sutomo Rum Teguh Kaswari SKM, M. Kes

Berdasarkan Kemenkes RI 2013, prevalensi penyakit kanker di Indonesia sebesar 1,4% per 1000 penduduk atau 347.792 orang. Menurut *Australian Institute of Health and Warfare* (dalam Syafri M, dkk, 2014) orang yang menderita kanker terutama kanker payudara, paling banyak dialami oleh wanita yaitu sebesar 99%. Pengobatan yang diterima akan mempengaruhi keadaan gizi penderita kanker karena efek samping yang ditimbulkan seperti kurangnya nafsu makan, mual, dan muntah. Konseling gizi diberikan untuk membantu pasien mengatasi masalah gizi dan kesehatan yang dialami. Selain itu, pemberian jus buah bertujuan untuk meningkatkan asupan vitamin C pasien yang berfungsi sebagai antioksidan untuk menangkal radikal bebas dan menghambat penurunan hemoglobin pasien. Tujuan penelitian ini untuk mengetahui pengaruh pemberian konseling gizi dan jus buah terhadap tingkat pengetahuan, tingkat konsumsi (energi, protein, vitamin c), kadar hemoglobin pada pasien wanita dengan kanker di Kota Malang. Jenis penelitian ini adalah *Quasi Eksperimen* dengan jumlah sampel sebanyak 14 responden. Data dikumpulkan dengan mengambil sampel darah, data pengetahuan, dan data konsumsi makanan dan dianalisis dengan menggunakan Uji *Paired t-Test*. Hasil penelitian menunjukkan bahwa konseling gizi berpengaruh terhadap perubahan tingkat pengetahuan, tingkat konsumsi (energi, protein, vitamin C) pada pasien wanita dengan kanker dengan tingkat signifikansi ($p = 0,005$), dan tidak ada pengaruh terhadap perubahan kadar hemoglobin dengan tingkat signifikansi ($p > 0,005$).

Kata kunci: *konseling, tingkat pengetahuan, tingkat konsumsi (energi, protein, vitamin C), kadar hemoglobin, kanker, wanita*

ABSTRACT

KORI AINIL FITRI. 2019. *The Giving of Nutrition Counseling Toward Knowledge Levels, Consumption Levels (Energy, Protein, Vitamin C), and Hemoglobin Levels in Women Cancer Patients at Malang City.* Adviser : Dr. Nurrahman, STP, MP and Sutomo Rum Teguh Kaswari SKM, M. Kes

Introduction: Based on the Republic of Indonesia Ministry of Health in 2013, the prevalence of cancer in all ages in Indonesia is 1.4% per 1000 population or around 347,792 people. According to the Australian Institute of Health and Warfare (in Syafri M, et al., 2014), people who suffer from cancer, especially breast cancer, are most experienced by women at 99%. Treatment received will affect the nutritional condition of cancer patients because of side effects caused such as lack of appetite, nausea, and vomiting. Nutrition counseling is given to help patients overcome nutritional and health problems experienced. In addition, fruit juice administration aims to increase the patient's vitamin C intake which functions as an antioxidant to ward off free radicals and inhibit the decrease in the patient's hemoglobin. The purpose of this study was to determine the effect of giving nutritional counseling and fruit juice to the level of knowledge, level of consumption (energy, protein, vitamin c), and hemoglobin levels in female patients with cancer in Malang City. **Method:** This study used a quasi experimental design with the total sample were 14 respondents. Data were collected by taken the blood sample, data on knowledge, data on food consumption and analyzed by using Paired t-Test. **Result:** The results showed that nutritional counseling had an effect on change in level of knowledge, level of consumption (energy, protein, vitamin C) in female patients with cancer with a significance level ($p = 0.005$), and there was no effect on changes in hemoglobin level with a significance level ($p > 0.005$). **Discussion:** It can be concluded that by giving nutritional counseling can increase knowledge, consumption (energy, protein, vitamin C) in female patients with cancer.

Keywords: *nutritional counseling, level of knowledge, level of consumption (energy, protein, vitamin C), hemoglobin levels, cancer, women*