

Pengaruh Kepatuhan Minum Obat Anti Tuberkulosis dan Tingkat Konsumsi Energi Protein terhadap Perubahan Status Gizi Balita Gizi Buruk Penderita Tb Paru (Studi di Kecamatan Kesambi Kota Cirebon)

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Kepatuhan minum obat anti tuberkulosis dan tingkat konsumsi energi protein merupakan kunci keberhasilan dalam penanganan status gizi balita gizi buruk penderita TB Paru. Penelitian ini bertujuan untuk mengetahui pengaruh kepatuhan minum obat anti tuberkulosis dan tingkat konsumsi energi protein terhadap perubahan status gizi balita gizi buruk penderita TB Paru di Kecamatan Kesambi Kota Cirebon.

Jenis penelitian adalah *explanatory research*, menggunakan metode survei dengan pendekatan *cross sectional*. Populasi penelitian adalah sebanyak 30 balita, sedangkan besar sampel adalah semua populasi yaitu 30 balita. Pengambilan sampel dalam penelitian ini dilakukan dengan *purposive*. Adapun uji statistik yang digunakan adalah regresi linier sederhana dan regresi berganda variabel dummy.

Hasil penelitian menunjukkan bahwa dari 30 balita yang menjadi sampel, 86,67% balita patuh minum obat anti tuberkulosis, 50,00% mempunyai tingkat kecukupan energi kurang ( $< 80\%$  AKG), 3,33% balita mempunyai tingkat kecukupan protein kurang ( $< 80\%$  AKG), dan 86,67% balita mengalami kenaikan status gizi (*delta Z score*).

Hasil analisis statistik menunjukkan ada pengaruh kepatuhan minum obat anti tuberkulosis terhadap perubahan status gizi balita ( $p 0,003$ ), ada pengaruh tingkat konsumsi energi terhadap perubahan status gizi balita ( $p 0,000$ ), ada pengaruh tingkat konsumsi protein terhadap perubahan status gizi balita ( $p 0,000$ ), dan ada pengaruh kepatuhan minum obat anti tuberkulosis dan tingkat konsumsi energi protein terhadap perubahan status gizi balita ( $p 0,000$ ).

**Kata Kunci:** Kepatuhan minum obat, tuberkulosis, konsumsi energi protein, status gizi, balita, Cirebon

*The obedience in drinking anti tuberculosis and the level of protein energy consumption is the key of success in handling children under five nutrient status bad nutrient of lung tuberculosis patient. In order to know how far the handling success, both of the influences need to be examined in details. This research has purpose to know the influence of adherence of drinking anti tuberculosis medicine and the level of protein energy consumption against the change of children under five nutrient status, bad nutrient of lung tuberculosis patient at Kesambi Sub District, Cirebon City. Kind of research is explanatory research by using observation method with longitudinal approach. The reseach population is in the amount of 30 children under five, meanwhile the sample amount is all population, namely 30 children under five. The sample taking in the research conducted purposively. The statistical test that was used in this research was simple linear regression and multiple regression of variable dummy. The result of research indicates that from 30 children under five being the sample, 86,67% of children under five obey to drink anti tuberculosis, 50,00% has less energy sufficiency level (< 80% AKG), 3,33% of children under five have less a protein sufficiency level (<80% AKG, and 86,67% of children under five have the increasing of nutritional status (delta Z score). The result of statistical analysis indicates that there is an influence of obedience in drinking anti tuberculosis against the change of children under five nutritional status ( $p=0,000$ ), there is an influence of energy consumption level against the change of children of under five nutritional status ( $p=0,000$ ), there is also and influence of protein consumption level against the change of children under five nutritional status ( $p=0,000$ ) and finally there is an influence of obedience in drinking anti tuberculosis medicine and protein energy consumption level against the change of children under five nutritional status ( $p=0,000$ ).*

*Keyword: Obedience in drinking tuberculosis medicine, protein energy consumption, nutritional status, children under five, Cirebon*