

ABSTRAK

HUBUNGAN STATUS GIZI DAN STRES DENGAN FREKUENSI DAN LAMA REAKSI KUSTA TIPE LEPROMATOSA Studi di RSUD Tugurejo Semarang

Latar Belakang. Reaksi kusta, yang merupakan episode akut imunologis yang dimediasi inflamasi dan penyebab utama dari kerusakan saraf. Faktor pencetus reaksi kusta sangat kompleks. Di Jawa Tengah dilaporkan banyak kasus reaksi kusta namun belum ada penelitian yang menganalisis peran faktor resiko berupa status gizi dan stress mental dan fisik terhadap frekuensi dan lama reaksi kusta.

Tujuan Penelitian. Penelitian ini bertujuan menganalisis hubungan status gizi (IMT, LLA, Hemoglobin, Asupan gizi (energi, protein, Vitamin A, Vitamin C dan Seng), stres fisik dan mental terhadap frekuensi dan lama reaksi kusta tipe lepromatosa.

Metode. Jenis penelitian adalah analitik, pendekatan *cross sectional*, di RSUD Tugurejo, jumlah subjek 46 orang pasien kusta tipe lepromatosa. Data yang dikumpulkan meliputi IMT, LLA, hemoglobin, asupan gizi yang dinilai dengan *Food Frequency Questionnaire*, frekuensi, lama reaksi, lama sakit kusta, pekerjaan dan aktifitas fisik. Analisis dengan menggunakan *Pearson correlation*, *rho spearman's*, regresi linier berganda dan regresi logistik biner.

Hasil Penelitian. Sebanyak 46 subjek (31 laki-laki dan 15 perempuan) menyelesaikan penelitian. Terdapat hubungan antara status gizi, tingkat kecukupan gizi dan stres fisik dan mental dengan frekuensi dan lama reaksi kusta tipe lepromatosa secara terpisah dengan $p = 0,001$. Terdapat hubungan antara status gizi, tingkat kecukupan gizi dan stres fisik dan mental dengan frekuensi dan lama reaksi kusta tipe lepromatosa sebelum dan sesudah dikontrol dengan lama sakit.

Saran. Status gizi dan stres berhubungan dengan frekuensi dan lama reaksi kusta maka penyedia layanan kesehatan bagi pasien kusta untuk meningkatkan status gizi dan mengendalikan stres.

Keywords: Status Gizi, Stres, Reaksi Kusta, Tipe Lepromatosa

ABSTRACT

ASSOCIATION BETWEEN NUTRITIONAL STATUS AND STRESS WITH FREQUENCY AND DURATION OF LEPROSY REACTION IN LEPROMATOUS TYPE

Study on Tugurejo Regional Public Hospital

Background. Leprosy reaction, which is an acute episode of immunologically-mediated inflammation, is the main cause of the nerve damage. Precipitating factors leprosy reactions are very complex. In Central Java reported many cases of leprosy reactions, but no studies have analyzed the role of risk factors such as nutritional status and mental and physical stress on the frequency and duration of leprosy reactions.

Research Purposes. This study aims to analyze the association between nutritional status (BMI, LLA, hemoglobin, intake of nutrients (energy, protein, Vitamin A, Vitamin C and Zinc) and stress on the frequency and duration of leprosy reaction in the lepromatous type.

Methods. The study was analytic with cross sectional approach, in hospitals Tugurejo, 46 samples with lepromatous type of leprosy. Taken anthropometric data, hemoglobin, nutrient intake assessed by Food Frequency Questionnaire, frequency, duration reaction, duration of leprosy, and stress questionnaire. Analysis using Pearson correlation, Spearman's rho, multiple linear regression and binary logistic regression.

Result. A total of 46 subjects (31 men and 15 women) completed the study. There is a significant association between nutritional status, the adequacy of nutrition and physical and mental stress with the frequency and duration of leprosy reaction in lepromatous type separately with the $p = 0.001$. There is a correlation between nutritional status, the adequacy of nutrition and physical and mental stress to the frequency and duration of leprosy reaction in lepromatous type before and after long illness controlled.

Suggestions. Nutritional status, level of nutritional adequacy and stress related to the frequency and duration of leprosy reaction then health care providers for the leprosy patients to improve nutritional status and control stress.

Keywords: Nutritional Status, Stress, Leprosy Reaction, Lepromatous Type