

**PERBANDINGAN BERAT BADAN SAAT PENGOBATAN
FASE INTENSIF DAN FASE LANJUTAN PADA PASIEN
TUBERKULOSIS PARU DEWASA DI RSUD KOTA BEKASI
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Abstrak

Tuberkulosis adalah suatu penyakit menular yang disebabkan oleh *Mycobacterium tuberculosis*. Status gizi dan tuberkulosis memiliki hubungan sebab akibat karena keduanya mempengaruhi daya tahan tubuh. Antropometri sebagai indikator status gizi dapat dilakukan dengan mengukur berat badan. Salah satu karakteristik dari gejala tuberkulosis adalah kehilangan berat badan dan pasien diperkirakan akan mengalami penambahan berat badan selama masa pengobatan. Pengobatan tuberkulosis terbagi menjadi 2 fase yaitu fase intensif (2-3 bulan) dan fase lanjutan 4 atau 7 bulan. Penelitian ini bertujuan untuk mengetahui perbandingan berat badan saat pengobatan fase intensif dan fase lanjutan pada pasien tuberkulosis paru dewasa. Penelitian ini bersifat analitik observasional dan rancangan penelitian yang digunakan adalah *cross sectional*. Jumlah sampel pada penelitian ini sebanyak 62 orang. Data diperoleh dari catatan rekam medis pasien tuberkulosis paru dewasa yang telah selesai menjalani pengobatan di RSUD Kota Bekasi periode Mei 2015-Maret 2016. Data ini dianalisis dengan uji T berpasangan dan menunjukkan terdapat perbedaan bermakna antara berat badan saat fase intensif dan fase lanjutan pada pasien tuberkulosis paru dewasa $p=0,000$ ($p<0,05$). Didapatkan nilai rerata berat badan saat fase intensif dan fase lanjutan menunjukkan adanya peningkatan yaitu dari 50,58 menjadi 53,23. Peningkatan berat badan ini secara tidak langsung berkaitan pada keadaan status gizi pasien. Adanya perbaikan status gizi meningkatkan daya tahan tubuh seseorang sehingga mempengaruhi proses penyembuhan.

Kata kunci: tuberkulosis, berat badan, pengobatan

**COMPARISON OF BODY WEIGHT DURING TREATMENT
INITIAL STAGE AND CONTINUED STAGE IN PULMONARY
TUBERCULOSIS ADULT PATIENTS IN RSUD KOTA
BEKASI MAY 2015 – MARCH 2016**

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Abstract

Tuberculosis is an infectious disease caused by *Mycobacterium tuberculosis*. Nutritional status and tuberculosis disease have a causal relationship since they can affect the body immunity. Antropometry as an indicator of the nutritional status can be done by measuring the body weight. One of the characteristic symptoms of tuberculosis is weight loss and patients are expected to gain weight during treatment. The treatment of tuberculosis divided into two stages of treatment which is initial stage (2-3 months) and continued stage for 4 or 7 months. The aim of this study was to determine the comparison of body weight between the treatment during initial stage and continued stage in pulmonary tuberculosis adult patients. This study was an observational analytic and used *cross sectional* research design. The total sample in this study was 62 people. The data was collected from pulmonary tuberculosis adult patients medical record that had been completed the treatment in RSUD Kota Bekasi from May 2015 until March 2016. The data was analyzed by using Paired T-Test and showed that there was a significant difference of body weight between the treatment during initial stage and continued stage in pulmonary tuberculosis adult patients $p=0,000$ ($p<0,05$). From this study, the body weight's mean at initial stage and continued stage showed an increase from 50,58 to 53,23. This increasing indirectly related to the nutritional status of the patient. The improvement of nutritional status impact the body immunity so as to affect the healing process.

Keywords: tuberculosis, body weight, treatment