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UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

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HUBUNGAN INDEKS MASSA TUBUH, KADAR ALBUMIN, DAN KADAR HEMOGLOBIN TERHADAP KONVERSI SPUTUM PASCA TERAPI FASE INTENSIF PADA PASIEN TUBERKULOSIS DI RSUP PERSAHABATAN TAHUN 2024

RINCIAN HALAMAN (xix + 99 halaman, 13 tabel, 3 gambar, 3 lampiran)

ABSTRAK

Tujuan: Pasien tuberkulosis rentan mengalami penurunan status nutrisi yang berpotensi menghambat proses penyembuhan dan keberhasilan konversi sputum. Penelitian ini bertujuan mengidentifikasi hubungan indeks massa tubuh, kadar albumin, dan kadar hemoglobin terhadap konversi sputum pasca terapi fase intensif di RSUP Persahabatan tahun 2024. **Metode:** Penelitian kuantitatif observasional analitik dengan desain kohort retrospektif melibatkan 65 pasien TB. Data diperoleh melalui rekam medis dan dianalisis menggunakan uji univariat, bivariat (*Chi-Square*), dan multivariat (regresi logistik berganda). **Hasil:** Mayoritas subjek adalah laki-laki (56,9%), usia >60 tahun (36,9%), IMT normal (38,5%), mengalami hipoalbuminemia (60%), anemia (69,2%), dan kegagalan konversi sputum (60%). Analisis bivariat menunjukkan hubungan signifikan antara jenis kelamin ($p=0,032$), IMT ($p=0,002$), dan albumin ($p=0,000$) dengan konversi sputum. Usia ($p=0,923$) dan hemoglobin ($p=0,273$) tidak menunjukkan hubungan signifikan dengan konversi sputum. Analisis multivariat menetapkan kadar albumin sebagai prediktor independen paling dominan ($p=0,000$; OR=18,899). **Kesimpulan:** Terdapat hubungan signifikan antara jenis kelamin, indeks massa tubuh, dan albumin dengan konversi sputum. Namun, tidak terdapat hubungan signifikan antara usia dan kadar hemoglobin dengan konversi sputum pada pasien tuberkulosis. Pasien hipoalbuminemia memiliki risiko 18,9 kali lebih tinggi mengalami kegagalan konversi sputum dibandingkan pasien dengan albumin normal setelah dikontrol terhadap variabel lain.

Daftar Pustaka: 116 (2015-2025)

Kata Kunci : *Indeks massa tubuh, albumin, hemoglobin, konversi sputum, fase intensif, tuberkulosis*

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Undergraduate Thesis, December 2025
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THE RELATIONSHIP OF BODY MASS INDEX, ALBUMIN LEVEL, AND HEMOGLOBIN LEVEL WITH SPUTUM CONVERSION AFTER INTENSIVE PHASE THERAPY IN TUBERCULOSIS PATIENTS AT RSUP PERSAHABATAN IN 2024

PAGE DETAIL (xix + 99 pages, 13 tables, 3 pictures, 3 appendices)

ABSTRACT

Objective: Tuberculosis patients are susceptible to nutritional status decline, which potentially hinders the healing process and sputum conversion. This study aims to identify the association between body mass indeks, albumin levels, and hemoglobin levels with sputum conversion following intensive phase therapy at RSUP Persahabatan in 2024. **Method:** This quantitative analytical observational study employed a retrospective cohort design involving 65 TB patients. Data were obtained from medical records and analyzed using univariate, bivariate (Chi-Square), and multivariate (multiple logistic regression) analyses. **Result:** The majority of subjects were male (56.9%), aged >60 years (36.9%), with normal BMI (38.5%), hypoalbuminemia (60%), anemia (69.2%), and sputum conversion failure (60%). Bivariate analysis showed significant associations between gender ($p=0.032$), BMI ($p=0.002$), and albumin levels ($p=0.000$) with sputum conversion. Age ($p=0.923$) and hemoglobin ($p=0.273$) showed no significant association. Multivariate analysis identified albumin level as the most dominant independent predictor ($p=0.000$; OR=18.899). **Conclusion:** There are significant associations between gender, BMI, and albumin levels with sputum conversion, whereas age and hemoglobin levels are not significantly associated. Patients with hypoalbuminemia have an 18.9-fold higher odds of sputum conversion failure compared to those with normal albumin levels after adjusting for other variables.

Reference : 116 (2015-2025)

Keywords : *Body mass index, albumin, hemoglobin, sputum conversion, intensive phase, tuberculosis*