

PENGARUH PEMBERIAN KONSELING DIET TINGGI ENERGI TINGGI
PROTEIN (TETP) DENGAN MEDIA PIRING GIZI TERHADAP
PENGETAHUAN GIZI DAN ASUPAN PROTEIN
PASIEAN KANKER DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Pasien kanker yang menjalani kemoterapi sering mengalami penurunan asupan makan akibat efek samping seperti mual, muntah, perubahan pengecap, dan penurunan nafsu makan yang dapat meningkatkan risiko malnutrisi. Konseling gizi merupakan salah satu upaya untuk meningkatkan pengetahuan gizi dan membantu pasien memenuhi kebutuhan nutrisi, khususnya protein. Penggunaan media visual berupa piring gizi Diet Tinggi Energi Tinggi Protein (TETP) diharapkan dapat mempermudah pemahaman pasien dalam menerapkan anjuran diet.

Tujuan: Mengetahui pengaruh konseling diet Tinggi Energi Tinggi Protein (TETP) menggunakan media piring gizi terhadap pengetahuan gizi dan asupan protein pada pasien kanker di RSUD Panembahan Senopati Bantul.

Metode: Penelitian ini menggunakan desain *quasi experimental* dengan rancangan *one group pretest-posttest without control design*. Sampel berjumlah 24 pasien kanker yang menjalani kemoterapi rawat jalan dan dipilih menggunakan teknik *accidental sampling*. Data pengetahuan gizi dikumpulkan menggunakan kuesioner dan data asupan protein diperoleh melalui food record 3 × 24 jam sebelum dan sesudah intervensi.

Hasil: Sebagian besar responden berjenis kelamin perempuan (79,2%), berusia 61–70 tahun (66,7%), dan menderita kanker payudara (70,8%). Rata-rata skor pengetahuan gizi meningkat dari $83,13 \pm 9,31$ menjadi $92,06 \pm 6,83$ setelah konseling. Hasil uji Wilcoxon menunjukkan terdapat peningkatan pengetahuan gizi yang signifikan ($p = <0,001$) dengan *effect size* kategori tinggi ($d = 0,80$). Sementara itu, rata-rata asupan protein meningkat dari $62,45 \pm 20,04\%$ menjadi $66,97 \pm 21,50\%$. Peningkatan tersebut signifikan secara statistik ($p = 0,008$) dengan *effect size* kategori tinggi ($d = 0,54$).

Kesimpulan: Konseling diet Tinggi Energi Tinggi Protein (TETP) menggunakan media piring gizi efektif meningkatkan pengetahuan gizi pasien kanker yang menjalani kemoterapi dan mampu meningkatkan asupan protein secara signifikan.

Kata kunci: kanker, kemoterapi, konseling gizi, diet TETP, piring gizi, pengetahuan gizi, asupan protein.

THE EFFECT OF PROVIDING HIGH-ENERGY HIGH-PROTEIN (HEHP)
DIET EDUCATION USING THE BALANCED NUTRITION PLATE MEDIA
ON KNOWLEDGE, AND PROTEIN INTAKE OF CANCER PATIENTS AT
HOSPITAL PANEMBAHAN SENOPATI BANTUL

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ABSTRACT

Background: Cancer patients undergoing chemotherapy frequently experience reduced food intake due to treatment-related side effects, including nausea, vomiting, taste alterations, and loss of appetite, which may increase the risk of malnutrition. Nutrition counseling is one of the strategies used to improve nutritional knowledge and assist patients in meeting their nutritional requirements, particularly protein needs. The use of a visual educational tool in the form of a High-Energy High-Protein (HEHP) Nutrition Plate is expected to facilitate patients' understanding and adherence to dietary recommendations.

Objective: To determine the effect of High-Energy High-Protein (HEHP) diet counseling using a nutrition plate media on nutritional knowledge and protein intake among cancer patients at Panembahan Senopati Regional Hospital, Bantul.

Methods: This study employed a quasi-experimental design with a one-group pretest–posttest design without a control group. The sample consisted of 24 cancer patients undergoing outpatient chemotherapy who were selected using an accidental sampling technique. Nutritional knowledge data were collected using a questionnaire, while protein intake data were obtained through a 3 × 24-hour food record conducted before and after the intervention.

Results: Most respondents were female (79.2%), aged 61–70 years (66.7%), and diagnosed with breast cancer (70.8%). The mean nutritional knowledge score increased from 83.13 ± 9.31 to 92.06 ± 6.83 after counseling. The Wilcoxon test indicated a significant improvement in nutritional knowledge ($p = <0.001$) with a large effect size ($d = 0.80$). Meanwhile, the mean protein intake increased from $62.45 \pm 20.04\%$ to $66.97 \pm 21.50\%$; this increase was statistically significant ($p = 0.008$) and showed a small effect size ($d = 0.53$).

Conclusion: High-Energy High-Protein (HEHP) diet counseling using a nutrition plate media was effective in improving the nutritional knowledge of cancer patients undergoing chemotherapy and increase their protein intake.

Keywords: cancer, chemotherapy, nutrition counseling, High-Energy High-Protein diet, nutrition plate, nutritional knowledge, protein intake.