

ABSTRAK

Nabila Syafitri: Hubungan Konsumsi Tablet Curcuma dengan Asupan Energi pada Pasien Tuberkulosis (TB) di Rumah Sakit Umum Wulan Windy Kota Medan. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2026.

Tuberkulosis (TB) merupakan penyakit infeksi yang sering disertai dengan penurunan asupan energi akibat gangguan nafsu makan, peningkatan kebutuhan metabolik, serta efek samping obat anti tuberkulosis (OAT). Pemenuhan asupan energi sangat penting untuk proses penyembuhan penyakit tuberkulosis (TB). Salah satu upaya yang dapat dilakukan adalah pemberian terapi pendamping seperti tablet *curcuma* yang diketahui mampu meningkatkan nafsu makan dan memperbaiki masalah gastrointestinal. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi tablet *curcuma* dengan asupan energi pada pasien tuberkulosis (TB) di Rumah Sakit Umum Wulan Windy Kota Medan.

Penelitian ini dilakukan pada bulan September-Oktober 2025 dengan desain *cross sectional*. Sampel penelitian berjumlah 31 pasien tuberkulosis (TB) terapi OAT fase lanjutan yang dipilih menggunakan teknik *convenience sampling*. Data dikumpulkan melalui kuesioner karakteristik responden, dan *food recall 2x24* jam selama 2 minggu untuk menghitung asupan energi ketika pasien mengonsumsi dan ketika tidak mengonsumsi tablet *curcuma*. Analisis bivariat dilakukan menggunakan uji *Paired Sample t-Test*.

Hasil penelitian menunjukkan terjadi peningkatan jumlah responden (7 orang (22,4%)) dengan angka kecukupan energi (AKE) kategori normal setelah mengonsumsi tablet *curcuma*. Analisis bivariat menunjukkan selisih persen (%) AKE ketika mengonsumsi dan ketika tidak mengonsumsi tablet *curcuma* sebesar 5,64% dengan kenaikan rata-rata semula 91,52% menjadi 97,16%. Sehingga terdapat perbedaan yang signifikan antara asupan energi ketika mengonsumsi dan ketika tidak mengonsumsi tablet *curcuma* ($p = 0,000$; $p < 0,05$), yang artinya terdapat hubungan yang signifikan antara konsumsi tablet *curcuma* dengan asupan energi pada pasien tuberkulosis (TB) di Rumah Sakit Umum Wulan Windy Kota Medan.

Kata Kunci: Tuberkulosis, Asupan Energi, Tablet *Curcuma*, Gizi Pasien Tuberkulosis

ABSTRACT

Nabila Syafitri: *The Association Between Curcuma Tablet Consumption and Energy Intake among Tuberculosis (TB) Patients at Wulan Windy General Hospital, Medan. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2026.*

Tuberculosis (TB) is an infectious disease commonly associated with decreased energy intake due to reduced appetite, increased metabolic demands, and side effects of anti-tuberculosis drugs (ATD) under the DOTS (Directly Observed Treatment, Short-course) strategy. Adequate energy intake is essential to support the recovery process in TB patients. One supportive intervention that may be applied is adjunct therapy such as curcuma tablets, which are known to stimulate appetite and alleviate gastrointestinal symptoms. This study aimed to examine the association between curcuma tablet consumption and energy intake among tuberculosis patients at Wulan Windy General Hospital, Medan City.

This study was conducted in October 2025 using a cross-sectional design with a paired comparative approach. A total of 31 TB patients undergoing continuation phase ATD therapy were selected using a convenience sampling technique. Data were collected through respondent characteristic questionnaires and 2×24 hours food recall over a two weeks period to assess energy intake during periods of curcuma tablet consumption and non-consumption. Energy intake was expressed as a percentage of Estimated Energy Requirement (%EER). Bivariate analysis was performed using the Paired Sample t-Test.

The results showed an increase in the proportion of respondents (7 people (22,4%)) with adequate energy intake after consuming curcuma tablets. Bivariate analysis revealed a difference of 5.64% in %EER between periods of curcuma tablet consumption and non-consumption, with the mean %EER increasing from 91.52% to 97.16%. There was a statistically significant difference in energy intake between the two periods ($p = 0.000$; $p < 0.05$), indicating a significant association between curcuma tablet consumption and energy intake among TB patients at Wulan Windy General Hospital, Medan City.

Keywords: *Tuberculosis, Energy Intake, Curcuma Tablets, Nutritional Management of Tuberculosis Patients*