

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

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**PERBEDAAN KONSUMSI BAHAN MAKANAN PENDERITA PENYAKIT
JANTUNG KORONER DAN NON PENYAKIT JANTUNG KORONER PADA
WANITA MENOPAUSE DI UNIT RAWAT JALAN RSUP DR.M.DJAMIL
TAHUN 2016**

xii + 64 halaman, 5 tabel, 12 bagan, 3 gambar, 6 lampiran

ABSTRAK

Tujuan Penelitian

Tujuan penelitian ini adalah mengetahui perbedaan konsumsi bahan makanan penderita penyakit jantung koroner dan non penyakit jantung koroner pada wanita menopause di unit rawat jalan RSUP Dr.M.Djamil Tahun 2016.

Metode

Penelitian ini adalah penelitian kuantitatif dengan desain *Case Control*. Pengambilan sampel dilakukan dengan metode *consecutive sampling* dengan jumlah sampel sebanyak 92 orang. Data yang diambil adalah riwayat makan pasien. Analisis statistik menggunakan *Independent T Test* dan *Mann Whitney*.

Hasil

Berdasarkan hasil uji statistik didapatkan hasil rerata konsumsi daging per hari pasien kasus 86,12 gr, kontrol 61,00 gr, konsumsi ikan per hari pasien kasus 96,63 gr, kontrol 79,18 gr, konsumsi tahu per hari pasien kasus 35,77 gr, kontrol 34,50 gr, konsumsi tempe per hari pasien kasus 34,87 gr kontrol 22,32 gr, konsumsi sayur per hari pasien kasus 144,85 gr, kontrol 150,78 gr, konsumsi buah per hari pasien kasus 90,59 gr, kontrol 129,86 gr. Hasil uji bivariat didapatkan perbedaan rata-rata asupan daging $p=0,050$ dan asupan tempe $p=0,041$ pasien PJK dan pasien non PJK. Tidak terdapat hubungan asupan ikan $p=0,191$, asupan tahu, $p=0,38$, asupan sayur $p=0,904$ dan asupan buah $p=0,186$ pasien PJK dan pasien non PJK.

Kesimpulan

Terdapat perbedaan rata-rata konsumsi daging dan tempe pasien PJK dan non PJK. Tidak terdapat hubungan konsumsi ikan, tahu, sayur dan buah pasien PJK dan non PJK. Saran ditujukan untuk pihak rumah sakit sebagai bahan konsultasi gizi terkait jenis bahan makanan untuk penderita penyakit jantung koroner dan untuk peneliti selanjutnya meneliti variabel daging merah dan daging ayam dengan menggunakan desain *cohort*.

Daftar Pustaka : 36 (2000-2016)

Kata Kunci : Pasien PJK, Pasien Non PJK, Konsumsi Daging, Konsumsi Ikan, Konsumsi Tahu, Konsumsi Tempe, Konsumsi Sayur, Konsumsi Buah

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, June 2016

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**DIFFERENCES OF FOOD CONSUMPTION PATIENTS WITH CORONARY
HEART DISEASE AND NON CORONARY HEART DISEASE AMONG
MENOPAUSE WOMAN AT OUTPATIENT UNIT DR.M.DJAMIL
HOSPITAL 2016**

xii + 64 pages, 5 tables, 12 charts, 3 pictures, 6 attachments

ABSTRACT

Objective

The purpose of this study was to determine were differences of food consumption patients with coronary heart disease and non-coronary heart disease among menopause women at outpatient unit Dr.M.Djamil hospital 2016.

Method

This research was quantitative with case control design. Sampling method was consecutive with a total sample of 92 people. The data was taken history of the patient eat. Statistical analysis using Independent T test and Mann Whitney.

Result

Based on the statistical test showed average of meat consumption per day case patients 86.12 gr, controls 61.00 gr, fish consumption per day case patients 96.63 gr, controls 79.18 gr, tahu consumption per patient day case 35.77 gr, controls 34.50 gr, tempe consumption per day case patients 34.87 gr, controls 22.32 gr, vegetable consumption per day case patients 144.85 gr, controls 150.78 gr, fruit consumption per day case patients 90.59 gr, controls 129.86 gr. Bivariat test result differences average of meat consumption $p=0.050$ and tempe consumption $p=0.041$ patients with CHD and non-CHD patients. There are no relationship of fish consumption $p=0.191$, tahu consumption $p=0.388$, vegetables consumption $p=0.904$ and fruit consumption $p=0.186$ patients with CHD and non-CHD patients.

Conclusion

There are differences average of meat and tempe consumption between patients with CHD and non-CHD. There was no relationship of fish, tahu, vegetables and fruit consumption among patients with CHD and non-CHD patients. Suggestions are for the hospital as a nutritional consultation related food items patients with coronary heart disease and for further research examining variable red meat and chicken using a cohort design.

Bibliography : 36 (2000-2016)

Keywords : patients with CHD, non-CHD patients, meat consumption, fish consumption, tahu consumption, tempe consumption, vegetables consumption, fruit consumption