

HUBUNGAN FREKUENSI DAN LAMA KONSUMSI MINUMAN SUPLEMEN ENERGI DENGAN STADIUM GAGAL GINJAL KRONIK DI POLIKLINIK PENYAKIT DALAM RSUD WONOSARI

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INTISARI

Latar Belakang: Semakin tingginya jumlah kasus gagal ginjal kronik menunjukkan bahwa terdapat faktor risiko yang perlu diperhatikan. Salah satu faktor yang diduga menjadi faktor risiko gagal ginjal kronik adalah konsumsi minuman suplemen energi. Kandungan pada minuman suplemen energi dapat mengakibatkan penurunan fungsi ginjal apabila dikonsumsi terus menerus.

Tujuan: Diketahui hubungan frekuensi dan lama konsumsi minuman suplemen energi dengan stadium gagal ginjal kronik di Poliklinik Penyakit Dalam RSUD Wonosari.

Metode: Penelitian ini merupakan penelitian kuantitatif non-eksperimen *retrospektif*. Responden penelitian ini adalah pasien gagal ginjal kronik di Poliklinik Penyakit Dalam RSUD Wonosari, sejumlah 36 responden diambil menggunakan *purposive sampling*. Metode pengumpulan data menggunakan kuesioner. Analisis statistik menggunakan uji *Kendall's Tau*.

Hasil: Penelitian ini menunjukkan bahwa 18 responden (50,0%) dengan frekuensi konsumsi minuman suplemen energi kurang dari 7 bungkus/minggu, 16 responden (44,4%) dengan lama konsumsi minuman suplemen energi 1-5 tahun dan 19 responden dengan gagal ginjal kronik stadium 4. Terdapat hubungan frekuensi dan lama konsumsi minuman suplemen energi dengan stadium gagal ginjal kronik di Poliklinik Penyakit Dalam RSUD Wonosari dengan *p-value* sebesar 0,001 dengan tingkat signifikan sebesar $p < 0,05$.

Kesimpulan: Ada hubungan frekuensi konsumsi minuman suplemen energi dengan stadium gagal ginjal kronik dan lama konsumsi minuman suplemen energi dengan stadium gagal ginjal kronik.

Kata Kunci: konsumsi minuman suplemen energi, gagal ginjal kronik

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THE CORRELATION OF FREQUENCY AND THE LENGTH OF CONSUMING SUPPLEMENT ENERGY DRINKS AND CHRONIC KIDNEY FAILURE STADIUM IN INTERNIST POLYCLINIC OF RSUD WONOSARI

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ABSTRACT

Background: The higher number of chronic kidney failure cases shows that there is a risk factor that should be given attention. One of the factors that is assumed to be the factor of chronic kidney failure is the consumption of supplement energy drinks. The content of supplement energy drink can cause the disfunction of kidney if it is consumed constantly.

Objective: To find out the correlation and the length of consuming supplement energy drink of chronic kidney failure stadium in internist polyclinic of RSUD Wonosari.

Method: This research was a quantitative, non-experiment restrospective. The research respondents consisted of chronic kidney failure patients in internist polyclinic of RSUD Wonosari, and 36 respondents were taken using purposive sampling. The data collection method was using questionnaire. Statistic analysis was using Kendall's Tau test.

Result: This research showed that there were 18 respondents (50.0%) with frequency of drinking supplement energy drinks less than 7 packages/week, 16 respondents (44.4%) with the length of drinking supplement energy drinks for 1 - 5 years and 19 respondents with stadium 4 of chronic kidney failure. There was a correlation between frequency and the length of consuming supplement energy drinks and stadium of chronic kidney failure in internist polyclinic of RSUD Wonosari with p-value 0.001 and level of significance $p < 0.05$.

Conclusion: There was a correlation between frequency of consuming supplement energy drinks and chronic kidney failure stadium and the length of consuming supplement energy drinks and chronic kidney failure stadium.

Keywords: consumption of supplement energy drinks, chronic kidney failure

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