ABSTRACT

Cancer patients had a decrease in appetite which leads to weight loss and nutritional status due to the cancer itself nor the side effect of medical therapy undertaken. The existence of family support as a chaperone had an important role in nutritional fulfillment of cancer patients as a instrumental support. The aim of this research was to analyzed the relationship between the role of family support with the consumption patterns of cancer patients during undergo a therapy while living in Rumah Singgah Sasana Marsudi Husada, Cancer Foundation Indonesia branch of East Java.

This was a descriptive research with cross sectional study design. The sample was total population of cancer patients who was accompanied by their family and as number 20 pairs. Data collection by interviewed about the characteristics of cancer patient, the characteristics of chaperone, level of knowledge of chaperone about cancer and consumption patterns, role support from chaperone, and consumption patterns of cancer patient (type and frequency of eating, consumption of supplements, as well as how to cook). The type and frequency of eating categorized according to Healthy Eating Index.

Result found that most of the chaperone has a good support role, the level of knowledge about cancer and consumption patterns well. Most cancer patients was in diet needs improvement, iron consumptions, as well as how to cook fried and boiled.

The results revealed that the chaperone has provided good support to cancer patients treatment-related eating, so it can be concluded there is a relationship between the role of chaperone support with the consumption patterns of cancer patients during undergoing therapy while living in Rumah Singgah Sasana Marsudi Husada, Cancer Foundation Indonesia branch of East Java.

Keywords: cancer patient, role of chaperone support, consumption pattern, therapy

ABSTRAK

Pasien kanker sering mengalami penurunan nafsu makan yang berujung pada penurunan berat badan dan status gizi dikarenakan kanker itu sendiri maupun efek samping terapi medis yang dijalani. Adanya peran dukungan keluarga sebagai pendamping menduduki peran penting dalam pemenuhan nutrisi pasien kanker sebagai bentuk dukungan instrumental. Penelitian ini bertujuan untuk mengetahui hubungan antara peran dukungan pendamping dengan pola konsumsi pasien kanker selama menjalani terapi yang tinggal sementara di Rumah Singgah Sasana Marsudi Husada Yayasan Kanker Indonesia Cabang Jawa Timur.

Penelitian ini merupakan penelitian deskriptif dengan desain studi *cross sectional*. Sampel penelitian adalah total populasi pasien kanker yang didampingi oleh keluarganya, dan diperoleh total responden sebanyak 20 pasang. Pengumpulan data dengan wawancara meliputi karakteristik pasien kanker, karakteristik pendamping, tingkat pengetahuan pendamping tentang kanker dan pola konsumsi, peran dukungan pendamping, dan pola konsumsi pasien kanker (jenis dan frekuensi makan, konsumsi suplemen, cara memasak). Jenis dan frekuensi makan dikategorikan sesuai *Healthy Eating Index*.

Dari penelitian diketahui bahwa sebagian besar pasien memiliki peran dukungan yang baik. Sebagian besar pasien kanker memenuhi kriteria *diet needs improvement* pada *Healthy Eating Index*, mengonsumsi suplemen besi, serta cara memasak digoreng dan direbus.

Dari hasil penelitian diketahui bahwa pendamping telah memberikan dukungan yang baik kepada pasien kanker terkait perawatan makan, sehingga dapat disimpulkan terdapat hubungan antara peran dukungan pendamping dengan pola konsumsi pasien kanker selama menjalani terapi yang tinggal sementara di Rumah Singgah Sasana Marsudi Husada Yayasan Kanker Indonesia Cabang Jawa Timur.

Kata kunci : pasien kanker, peran dukungan pendamping, pola konsumsi, terapi