

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Status Nutrisi dengan Lama Hari Rawat Inap Anak Balita di Rumah Sakit Umum Dr.H. Koesnadi Bondowoso

xviii + 63 halaman + 2 bagan + 13 tabel + 10 lampiran

Abstrak

Latar belakang: Status nutrisi merupakan salah satu indikator biologis krusial yang menentukan efisiensi pelayanan klinis dan kecepatan pemulihan pasien anak. Ketidakseimbangan nutrisi baik defisit maupun kelebihan dapat mengganggu sistem imun, memperlambat regenerasi jaringan, dan memperpanjang masa pemulihan. Penelitian ini bertujuan untuk menganalisis hubungan antara status nutrisi dengan lama hari rawat inap anak balita di Ruang Melati Rumah Sakit Umum Dr. H. Koesnadi Bondowoso. **Metode:** Penelitian analitik observasional dengan pendekatan *cross-sectional* ini menggunakan sampel sebanyak 78 anak balita yang dirawat inap di Ruang Melati RSUD Dr. H. Koesnadi Bondowoso. Data dikumpulkan dari catatan rekam medis pasien melalui metode *document review*. Status nutrisi ditentukan berdasarkan indikator Berat Badan menurut Umur (BB/U) mengacu pada standar antropometri Pemenkes No. 2 Tahun 2020. Lama hari rawat inap dikategorikan menjadi *Normal LOS* (< 5 hari) dan *Prolonged LOS* (> 5 hari). Analisis data statistik dilakukan dengan menggunakan uji korelasi *Spearman Rank* (*Spearman Rho*). **Hasil:** Analisis menunjukkan mayoritas balita memiliki status nutrisi normal (56,4%) dan menjalani perawatan dengan kategori Normal Length of Stay (71,8%). Uji statistik Spearman Rank menghasilkan nilai $p = 0,014$ ($p < 0,05$), yang menunjukkan adanya hubungan signifikan antara status nutrisi dan lama hari rawat inap. Nilai koefisien korelasi $r = -0,277$ mengindikasikan hubungan bernilai negatif dengan kekuatan cukup/rendah, di mana semakin baik status nutrisi anak balita, maka durasi rawat inap di rumah sakit cenderung semakin pendek. **Kesimpulan dan Implikasi Keperawatan:** Rendahnya status nutrisi (*underweight*) berhubungan erat dengan peningkatan risiko perpanjangan lama hari rawat inap (*prolonged LOS*) pada pasien balita. Implikasinya, perawat anak perlu meningkatkan pelaksanaan skrining gizi komprehensif sejak awal pasien masuk rumah sakit serta membangun kolaborasi interprofesional yang solid bersama tim medis dan ahli gizi untuk merumuskan terapi dietetik terapeutik yang tepat.

Kata kunci: Anak Balita, Lama Hari Rawat, Status Nutrisi, *Underweight*.

ABSTRACT

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The Relationship between Nutritional Status and the Length of Stay among Hospitalized Preschool Children at Dr. H. Koesnadi General Hospital Bondowoso

xviii + 63 pages + 2 diagrams + 13 tables + 10 appendices

Abstract

Background and Objective: Nutritional status is a crucial biological indicator that determines the efficiency of clinical services and the recovery speed of pediatric patients. Nutritional imbalances, both deficits and excesses, can impair the immune system, delay tissue regeneration, and extend the recovery period. This study aimed to analyze the relationship between nutritional status and the length of hospital stay among preschool Children in the Melati Ward at Dr. H. Koesnadi General Hospital Bondowoso. **Method:** This observational analytical study with a cross-sectional approach utilized a sample of 78 preschool Children hospitalized in the Melati Ward of RSUD Dr. H. Koesnadi Bondowoso. Data were collected from patient medical records using a document review method. Nutritional status was determined based on the Weight-for-Age (WFA) indicator according to the Permenkes No. 2 Year 2020 anthropometric standards. Length of stay (LOS) was categorized into Normal LOS (≤ 5 days) and Prolonged LOS (> 5 days). Statistical data analysis was performed using the Spearman Rank correlation test (Spearman's Rho). **Results:** Most children exhibited a normal nutritional status (56.4%) and had a treatment duration classified as Normal Length of Stay (71.8%). The Spearman Rank test revealed a statistically significant relationship between nutritional status and length of hospital stay ($p = 0.014$, $p < 0.05$). The correlation coefficient value of $r = -0.277$ indicated a negative direction with low-to-moderate strength, demonstrating that better nutritional status aligns with a shorter hospital stay. **Conclusion and Nursing Implications:** Poor nutritional status (underweight) is closely associated with an increased risk of prolonged length of hospital stay (prolonged LOS) in pediatric patients. Implicatively, pediatric nurses must optimize early comprehensive nutritional screening upon admission and foster robust interprofessional collaboration with physicians and dietitians to deliver targeted therapeutic nutritional interventions.

Keywords: Length of Stay; Nutritional Status; Preschool Children; Underweight.