

ABSTRAK

Nama : Muhammad Lutfi Raihan Nasution
Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Antara status Gizi dengan Angka kejadian Tonsilitis Kronik yang Memerlukan Tonsilektomi pada Remaja di RSUD Karawang periode 2023-2025.

Latar Belakang: Tonsilitis kronik sering dialami remaja dan dapat menurunkan kualitas hidup. Status gizi berperan penting terhadap daya tahan tubuh. Islam menekankan pentingnya makanan halal dan thayyib sebagai dasar kesehatan.

Metode: Penelitian cross-sectional dilakukan pada 62 remaja penderita tonsilitis kronik di RSUD Karawang (2023–2025). Status gizi ditentukan dengan IMT, sedangkan indikasi tonsilektomi berdasarkan penilaian klinis. Analisis menggunakan uji Chi-Square.

Hasil: Mayoritas responden memiliki status gizi normal (50%), sementara 24,2% tergolong rendah dan 25,8% overweight. Dari total responden, 59,7% menjalani tonsilektomi. Uji Chi-Square menunjukkan hubungan signifikan antara status gizi dengan angka kejadian tonsilitis kronik yang memerlukan tonsilektomi ($p=0,007$). Remaja dengan status gizi rendah memiliki proporsi tertinggi menjalani tonsilektomi (86,7%).

Simpulan: Status gizi terbukti berhubungan signifikan dengan angka kejadian tonsilitis kronik yang memerlukan tonsilektomi. Perbaikan gizi pada remaja dapat menjadi upaya preventif terhadap komplikasi tonsilitis kronik. Tinjauan Islam menegaskan pentingnya konsumsi makanan halal dan thayyib sebagai bagian dari ikhtiar menjaga kesehatan dan mencegah penyakit.

Kata Kunci: Status gizi, tonsilitis kronik, tonsilektomi, remaja, Islam.

ABSTRACT

Name : Muhammad Lutfi Raihan Nasution
Study Program : Medicine
Title : “The Relationship Between Nutritional Status and the Incidence of Chronic Tonsillitis Requiring Tonsillectomy Among Adolescents at Karawang Regional Hospital in 2023–2025

Introduction: Chronic tonsillitis is common among adolescents and affects quality of life. Nutritional status influences immunity, while Islam emphasizes halal and thayyib food for health.

Method: A cross-sectional study was conducted on 62 adolescents with chronic tonsillitis at Karawang Regional Hospital (2023–2025). Nutritional status was assessed by BMI, and tonsillectomy indication was based on clinical evaluation. Chi-Square test was applied.

Result: Most respondents had normal nutritional status (50%), while 24.2% were underweight and 25.8% overweight. Overall, 59.7% underwent tonsillectomy. Chi-Square analysis showed a significant association between nutritional status and chronic tonsillitis requiring tonsillectomy ($p=0.007$). Adolescents with low nutritional status had the highest proportion of tonsillectomy (86.7%).

Conclusion: Nutritional status is significantly associated with the incidence of chronic tonsillitis requiring tonsillectomy. Improving adolescent nutrition may serve as a preventive measure against chronic tonsillitis complications. From an Islamic perspective, the emphasis on consuming halal and thayyib food reinforces the importance of nutrition in maintaining health and preventing disease.

Keywords: Nutritional status, chronic tonsillitis, tonsillectomy, adolescents, Islam.