KORELASI ASUPAN PROTEIN, ZINK, DAN VITAMIN A DENGAN KADAR FERRITIN IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS LUBUK KILANGAN KOTA PADANG

TESIS

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Sebagai salah satu syarat untuk memperoleh Gelar Magister Kebidanan pada Program Studi Kebidanan Program Magister Fakultas Kedokteran Universitas Andalas

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ABSTRAK

KORELASI ASUPAN PROTEIN, ZINK, DAN VITAMIN A DENGAN KADAR FERRITIN IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS LUBUK KILANGAN KOTA PADANG

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Permasalahan gizi dalam kehamilan berupa defisiensi makronutrien, mikronutrien, dan anemia. Kejadian anemia defisiensi besi pada ibu hamil di Indonesia berdasarkan data WHO tahun 2019 dan Riskesdas 2018 adalah 44,2% dan 48,9%. Dinas Kesehatan melaporkan persentase kejadian anemia pada ibu hamil di Sumatera Barat dan Kota Padang tahun 2019 adalah 18,1% dan 11,2%. Penyebab defisiensi besi antara lain defisiensi makronutrien dan mikronutrien, pola konsumsi dan ketidakberagaman makanan. Defisiensi besi dapat diidentifikasi dengan pemeriksaan kadar ferritin. Kadar ferritin dipengaruhi asupan protein, zink, dan vitamin A. Tujuan penelitian mengetahui korelasi asupan protein, zink, dan vitamin A dengan kadar ferritin ibu hamil trimester III.

Penelitian ini merupakan penelitian analitik *cross sectional*, dilaksanakan di Puskesmas Lubuk Kilangan dan Laboratorium Biomedik Universitas Andalas pada November 2021-Juli 2022. Sampel penelitian 64 orang ibu hamil trimester III. Pengambilan sampel menggunakan total sampling. Asupan protein, zink, dan vitamin A diperoleh melalui wawancara menggunakan kuesioner FFQ dan kadar ferritin diperiksa dengan metode ELISA. Uji normalitas data, analisis bivariat, dan multivariat menggunakan Kolmogorov Smirnov, uji korelasi Pearson ($p<0,05$) dan regresi linear.

Hasil penelitian diperoleh rerata kadar ferritin, asupan protein, zink, dan vitamin A pada ibu hamil trimester III adalah 16,267 µg/L, 92,56 gr, 7,35 mg, dan 824,98 µgRE. Asupan protein ($r= 0,771$; $p=0,001$), zink ($r=0,428$; $p=0,001$) dan vitamin A ($r=0,531$; $p=0,001$) berkorelasi bermakna dengan kadar ferritin. Uji regresi linear menunjukkan asupan protein sangat berkorelasi dengan kadar ferritin ($\beta=0,598$; $p= 0,001$).

Kesimpulan penelitian adalah terdapat korelasi bermakna antara asupan protein, zink, dan vitamin A dengan kadar ferritin ibu hamil trimester III.

Kata Kunci : *Asupan Protein, Zink, Vitamin A, Ferritin, Kehamilan*

ABSTRACT

CORRELATION OF PROTEIN, ZINC, AND VITAMIN A INTAKE WITH FERRITIN LEVELS IN THIRD TRIMESTER PREGNANT WOMEN IN WORK AREA OF LUBUK KILANGAN HEALTH CENTER PADANG CITY

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Nutritional problems in pregnancy are deficiencies of macronutrient micronutrient, and anemia. WHO in 2019 and Riskesdas 2018 reported that pregnant women with iron deficiency anemia in Indonesia was 44.2% and 48.9%. Public Health Service reported the percentage of anemia in pregnancy in West Sumatra and Padang City in 2019 was 18,1% and 11,2%. Several causes of iron deficiency were deficiency of macronutrient and micronutrient, dietary and diversity foods. Reliable indicator used to assess iron deficiency was ferritin level. The intake of protein, zinc, and vitamin A were correlated factor of ferritin level. The objective of this research was to determine the correlation of protein, zinc, and vitamin A intake with ferritin level in third trimester of pregnancy

This research was an analytic study with a cross sectional design and held in Lubuk Kilangan Health Center and the Biomedical Laboratory of Andalas University on November 2021-July 2022. The samples were 64 third trimester pregnant women. Protein, zinc, and vitamin A intake were obtained by the FFQ questionnaire and the ferritin levels were examined by ELISA method. Normality test, bivariate and multivariate analysis used Kolmogorov Smirnov, Pearson correlation ($p < 0,05$) and linear regression.

The mean level of ferritin, protein, zinc, and vitamin A intake were 16,267 µg/L, 92,56 g, 7,35 mg and 824,98 µgRE. Protein ($r=0,771$; $p=0,001$), zinc ($r=0,428$; $p=0,001$) and vitamin A intake ($r=0,531$; $p=0,001$) were significantly correlated with ferritin levels. The linear regression test revealed protein intake was the most correlated factor with ferritin levels ($\beta= 0,598$ and $p = 0,001$).

The conclusion of this research, there was a significant correlation of protein, zinc, and vitamin A intake with ferritin levels in third trimester of pregnancy.

Keywords: *Protein, Zinc, Vitamin A Intake, Ferritin, Pregnancy*