

**PERBEDAAN KADAR IMUNOGLOBULIN A SEKRETORI
AIR SUSU IBU ANTARA KELOMPOK KONSUMSI
DAN TIDAK KONSUMSI DADIH SELAMA HAMIL**

TESIS



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PADANG
2022**

ABSTRAK

PERBEDAAN KADAR IMUNOGLOBULIN A SEKRETORI AIR SUSU IBU ANTARA KELOMPOK KONSUMSI DAN TIDAK KONSUMSI DADIH SELAMA HAMIL

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Manipulasi mikrobiota usus dengan suplementasi probiotik selama kehamilan dapat memodulasi Imunoglobulin A sekretori (sIgA) dalam ASI. Dadih merupakan susu fermentasi khas Minangkabau yang mengandung bakteri probiotik (Bakteri Asam Laktat) dan dapat memicu kaskade reaksi imun secara sistemik. Penelitian ini bertujuan untuk mengetahui perbedaan kadar sIgA ASI antara kelompok konsumsi dan tidak konsumsi dadih selama hamil.

Penelitian ini menggunakan desain yang digunakan adalah *posttest only control group*. Penelitian dilakukan pada bulan September 2020-Juli 2022 di Kota Padang Panjang dengan total 30 sampel ASI dari ibu yang menyusui berdasarkan kelompok ibu saat hamil yang mengkonsumsi puding dadih dan puding kontrol. Kadar sIgA pada ASI diperiksa menggunakan metode ELISA. Analisis data menggunakan uji *t-test independent*.

Hasil penelitian yang diperoleh rerata usia pada kelompok yang mengkonsumsi dadih adalah 27.47 ± 4.25 tahun dan 32.33 ± 6.27 tahun pada kelompok kontrol. Rerata kadar sIgA pada kelompok ibu yang mengkonsumsi puding dadih selama kehamilan yaitu 14.21 ± 8.36 ng/mL, sedangkan pada kelompok kontrol rerata 8.34 ± 4.82 ng/mL. Berdasarkan hasil analisa didapatkan perbedaan yang signifikan pada kadar sIgA pada ASI antara kelompok konsumsi dan tidak konsumsi dadih selama. dengan nilai $p=0.047$.

Terdapat perbedaan kadar sIgA ASI antara kelompok konsumsi dan tidak konsumsi dadih selama hamil, namun demikian ada beberapa faktor yang dapat mempengaruhi kadar sIgA ASI, sehingga diperlukannya penelitian lebih lanjut.

Kata Kunci : Dadih, Imunoglobulin A sekretori, Air Susu Ibu

ABSTRACT

DIFFERENCES IN SECRETORY IMMUNOGLOBULIN A LEVELS IN BREAST MILK BETWEEN CONSUMING AND NOT CONSUMING DADIH DURING PREGNANCY

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Manipulation of the gut microbiota with probiotic supplementation during pregnancy can modulating Secretory Immunoglobulin A (sIgA) in breast milk. Dadih is fermented milk of Minangkabau containing probiotic bacteria (Lactic Acid Bacteria) that may trigger a cascade of systemic immune reactions. The aim of this study was to determine the differences in sIgA levels in breast milk between consuming and not consuming dadih during pregnancy.

This study used a *posttest only control group design*. This study was held from September 2020-July 2022 in Padang Panjang city with total 30 breast milk samples obtained from breastfeeding mother who had received dadih pudding and pudding control during pregnancy. The levels of sIgA in breast milk were assessed using ELISA method. Independent t-test were used for data analysis.

The results showed that the average age in the group that consumed dadih pudding was 27.47 ± 4.25 years and 32.33 ± 6.27 years in the control group. The results showed that the average sIgA level in the group of mothers consumed pudding dadih during pregnancy was 14.21 ± 8.36 ng/mL, while in the control group it was 8.34 ± 4.82 ng/ml. Based on the results of the analysis, it was found that there was differences in secretory Immunoglobulin A levels in breast milk between consuming and not consuming dadih during pregnancy with p value = 0.047.

There was differences in secretory Immunoglobulin A levels in breast milk between consuming and not consuming dadih during pregnancy. However, there are several factors that can affect sIgA levels in breast milk, so further research is needed.

Keywords: Dadih, secretory Immunoglobulin A, breast milk