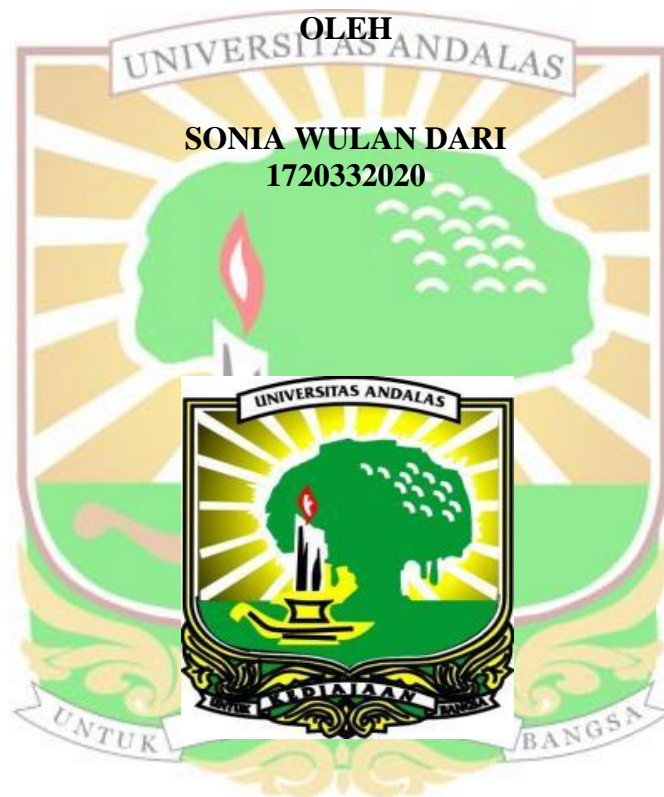


**HUBUNGAN ASUPAN PROTEIN DAN ZINK DENGAN
KADAR ALBUMIN SERUM PADA IBU HAMIL KURANG
ENERGI KRONIK TRIMESTER I DI KOTA PADANG**

TESIS

OLEH



**SONIA WULAN DARI
1720332020**

**PROGRAM STUDI S2 ILMU KEBIDANAN
PASCASARJANA FAKULTAS KEDOKTERAN
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ABSTRAK

HUBUNGAN ASUPAN PROTEIN DAN ZINK DENGAN KADAR ALBUMIN SERUM PADA IBU HAMIL KURANG ENERGI KRONIK TRIMESTER I DI KOTA PADANG

Sonia Wulan Dari

Albumin merupakan suatu indikator spesifik untuk menilai kekurangan energi kronik (KEK) pada ibu hamil. Albumin berfungsi sebagai protein pengangkut zat gizi mikro dalam darah. Kadar albumin yang rendah dapat mengindikasikan terjadi KEK. Penelitian ini bertujuan untuk mengetahui hubungan asupan protein dan zink dengan kadar albumin serum ibu hamil KEK trimester I di Kota Padang.

Penelitian ini merupakan penelitian analitik korelatif observasional dengan pendekatan *cross sectional*. Sampel pada penelitian ini ibu hamil KEK trimester I berjumlah 34 orang dengan teknik *proportional stratified random sampling*. Wawancara asupan protein dan zink menggunakan kuesioner modifikasi *semi quantitative food frequency* yang dirancang oleh Lipoeto dilakukan di Puskesmas Pauh dan Puskesmas Lubuk Kilangan sedangkan pemeriksaan sampel dilakukan di Unit Pelaksana Teknik Dinas Laboratorium Kesehatan Sumatra Barat pada bulan Juni 2019 sampai November 2020. Uji normalitas data menggunakan uji *shapiro wilk*. Analisis data menggunakan uji korelasi *pearson*.

Hasil penelitian menunjukkan bahwa rata-rata asupan protein $56,40 \pm 14,612$ g/hari, asupan zink $2,6 \pm 0,32544$ mg/hari dan kadar albumin serum $3,8 \pm 0,604$ g/dl. Terdapat hubungan yang signifikan antara asupan protein ($r = 0,467$), asupan zink ($r = 0,449$) dengan kadar albumin serum.

Kesimpulan terdapat hubungan yang bermakna antara asupan protein dan zink dengan kadar albumin ibu hamil KEK trimester I di Kota Padang.

Kata Kunci : Albumin serum, Asupan protein, Asupan zink

ABSTRACT

THE RELATION BETWEEN PROTEIN AND ZINC INTAKE WITH SERUM ALBUMIN LEVEL IN PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY IN TRIMESTER I IN PADANG

Sonia Wulan Dari

Albumin is a specific indicator to assess chronic energy deficiency in pregnant women. Albumin functions as a protein that transports micro-nutrient in the blood. Low albumin levels can indicate that chronic energy deficiency has occurred. This study aimed to determine the relation between protein and zinc intake with serum albumin levels in pregnant women with chronic energy deficiency in trimester I in Padang.

This is an observational correlative analytic study with a cross sectional approach. The sample in this study was pregnant women with chronic energy deficiency in trimester I consisting of 34 people with proportional stratified random sampling technique. Interviews regarding protein and zinc intake using a modified semi quantitative food frequency questionnaire designed by Lipoeto were carried out at Community Health Center of Pauh and Lubuk Kilangan; while sample examinations were carried out in the Technical Implementing Unit of West Sumatra Health Laboratory Office from June 2019 to November 2020. The normality test of the data by using the Shapiro Wilk test. Data analysis was done by using Pearson correlation test.

The results showed that the average protein intake was $56,40 \pm 14,612$ g/day, zinc intake was $2,6 \pm 0,32544$ mg/day and serum albumin levels were $3,8 \pm 0,604$ g/dl. There was a significant relation among protein intake ($r = 0,467$), zinc intake ($r = 0,449$) and serum albumin levels.

The conclusion is that there is a significant relation between protein and zinc intake with albumin levels of pregnant women with chronic energy deficiency in trimester I in Padang City.

Keywords: Serum albumin, Protein intake, Zinc intake