

KAJIAN ASUPAN KALSIUM DAN SUMBER TANIN PADA KEJADIAN ANEMIA IBU HAMIL DI KABUPATEN KULON PROGO TAHUN 2018

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ABSTRAK

Latar Belakang: Penyebab utama anemia pada ibu hamil adalah kurangnya konsumsi zat besi yang terdapat pada makanan sehari-hari, dan adanya gangguan penyerapan zat besi oleh tubuh akibat adanya penghambat penyerapan zat besi seperti fitat, oksalat, tanin dan kalsium.

Tujuan: Mengkaji asupan kalsium dan sumber tanin pada kejadian anemia ibu hamil di Kabupaten Kulon Progo

Metode: Jenis penelitian yang digunakan adalah penelitian observasional dengan desain penelitian *Cross sectional*, lokasi penelitian ini pada 5 desa di Kabupaten Kulon progo. Pengambilan sampel menggunakan teknik *systematic random sampling* dan didapatkan hasil sebanyak 100 responden.

Hasil: Sebagian ibu hamil kadar hemoglobinnya berstatus anemia yaitu sejumlah 22 (22%). Sebagian ibu hamil anemia dengan asupan kalsium kategori lebih yaitu sejumlah 2 (9.1%), sebagian ibu hamil anemia dengan asupan sumber tanin (kopi dan teh) kategori sering yaitu sejumlah 14 (63.6%).

Kesimpulan: Sebagian ibu hamil menderita anemia. Asupan kalsium ibu hamil anemia sebagian besar masuk dalam kategori kurang dan asupan sumber tanin (teh dan kopi) sebagian besar masuk dalam kategori sering.

Kata kunci : anemia, asupan kalsium, sumber tanin

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THE STUDY INTAKE OF CALCIUM AND SOURCES TANNIN IN THE INCIDENCE ANEMIA PREGNANT WOMAN EVENTS IN 2018 AT KULON PROGO DISTRICT.

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ABSTRACT

Background: The main cause of anemia in pregnant women is a lack of iron consumption found in daily food, and a disruption of iron absorption by the body due to iron absorption inhibitors such as phytate, oxalate, tannin and calcium.

Objective: To assess calcium intake and sources of tannins in the incidence of anemia in pregnant women in Kulon Progo Regency

Method: The type of research used was an observational research with cross sectional design, the location of this study was in 5 villages in Kulon Progo district. Sampling using systematic random sampling technique and obtained results as many as 100 respondents.

Results: Some pregnant women had an hemoglobin level of anemia of 22 (22%). Some anemic pregnant women with more calcium intake are in the amount of 2 (9.1%), some anemic pregnant women with frequent sources of tannin (coffee and tea) intake, amounting to 14 (63.6%).

Conclusion: Some pregnant women suffer from anemia. The calcium intake of pregnant women is mostly in the poor category and the source of tannins (tea and coffee) is mostly in the frequent category.

Keywords: anemia, intake of calcium, source of tannin

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