

KAJIAN ASUPAN PROTEIN DAN ZAT BESI PADA KEJADIAN ANEMIA IBU HAMIL DI KABUPATEN BANTUL

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ABSTRAK

Latar Belakang: Anemia merupakan masalah gizi yang sangat umum dijumpai di Indonesia dan umumnya disebabkan oleh kekurangan zat besi. Di Kabupaten Bantul tahun 2017 presentase anemia ibu hamil sebesar 16,32% masih melampaui Renstra Kabupaten Bantul $\leq 15\%$. Penelitian ini bertujuan untuk mengetahui status anemia ibu hamil berdasarkan asupan protein dan zat besi di Kabupaten Bantul

Metode: Penelitian ini merupakan penelitian deskriptif dengan desain *cross sectional*. Lokasi penelitian ini dilakukan di Kabupaten Bantul (Desa Patalan, Argodadi, Bangunjiwo, Triharjo, dan Trimurti) pada Desember 2018 – Maret 2019. Pengambilan sampel dengan menggunakan teknik *systematic random sampling*, jumlah sampel sebanyak 99 ibu hamil. Data yang dikumpulkan adalah data kadar Hb, data asupan protein dan zat besi yang diperoleh dengan menggunakan metode *Food Frequency (FFQ)* Semi Kuantitatif.

Hasil: Hasil penelitian ini menunjukkan bahwa 79,8% ibu hamil memiliki asupan protein kurang, 81,8% ibu hamil memiliki asupan zat besi cukup, 24,2% ibu hamil di Kabupaten Bantul mengalami anemia, 75% ibu hamil anemia memiliki asupan zat besi kurang dan 66,6% ibu hamil anemia memiliki asupan protein dan zat besi kurang.

Kesimpulan: Sebagian besar ibu hamil yang anemia memiliki asupan protein kurang dan asupan zat besi cukup. Sebagian besar ibu hamil memiliki asupan protein kurang tetapi asupan zatnya cukup dan sebagian besar ibu hamil yang anemia memiliki asupan protein dan zat besi kurang.

Kata kunci: Asupan Protein, Asupan Zat Besi, Status Anemia, Ibu Hamil

STUDY OF PROTEIN AND IRON SUBSTANCE IN ANEMIA OF PREGNANT WOMEN IN BANTUL DISTRICT

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ABSTRAK

Background: Anemia is a nutritional very common problem that is in Indonesia and is generally caused by iron deficiency. In Bantul Regency in 2017 the percentage of anemia of pregnant women by 16,32% still exceeded the Bantul Regency Strategic Plan $\leq 15\%$. The objective of this research is to determine the anemia status of pregnant women based on protein and iron intake in Bantul Regency.

Method: This research is a descriptive study using cross sectional design. Location of research conducted in Bantul Regency (Patalan, Argodadi, Bangunjiwo, Triharjo, and Trimurti Villages) in December 2018 – March 2019. Sampling was done using systematic random sampling technique with a sample of 99 pregnant women. The data collected is data Hb, intake of protein and iron obtained using methods Semi Quantitative Food Frequency (FFQ).

Result: There was 79,8% of pregnant women have less protein intake, 81,8% of pregnant women have sufficient iron intake, 24,2% of pregnant women in Bantul Regency have anemia, 75% pregnant women with anemia have less iron intake, and 66,6% pregnant women with anemia have less protein and iron intake.

Conclusion: Most pregnant women have less protein intake and sufficient iron intake. Most of the pregnant women have less protein intake but enough iron intake and most anemia pregnant women have less protein and iron intake.

Keywords: Protein Intake, Iron Intake, Anemia Status, Pregnant Women