

## STUDY OF IRON SUBSTANCE, VITAMIN C AND ANEMIC STATUS IN PREGNANT WOMEN IN BANTUL DISTRICT

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### ABSTRACT

**Background:** Anemia is a condition in which red blood cells are reduced in blood circulation or low hemoglobin levels so they are unable to meet the body's needs. In Bantul Regency in 2017 the percentage of anemia of pregnant women by 16.32% still exceeded the Bantul Regency Strategic Plan which was  $\leq 15\%$ .

**Objective:** This study aimed to determine the anemia status of pregnant women based on iron and vitamin C intake in Bantul Regency.

**Method:** This study was a descriptive study with a cross sectional design. The location of this study was conducted in Bantul Regency (Patalan, Argodadi, Bangunjiwo, Triharjo, and Trimurti Villages) in December 2018 - March 2019. Sampling was done by using systematic random sampling technique, the number of samples was 99 pregnant women. The data collected were Hb level data, iron and vitamin C intake data obtained using the Semi Quantitative Food Frequency Questionnaire (FFQ) method.

**Results:** The results of this study indicate that as many as 78.8% of pregnant women have sufficient iron intake and 75.8% of pregnant women have sufficient vitamin C intake. 32.3% of pregnant women in Bantul Regency are still anemic. Pregnant women suffer from anemia because iron and vitamin C intake is still lacking to meet nutritional needs in their body.

**Conclusion:** Iron and vitamin C intake is very influential on anemia status in pregnant women.

**Key words:** Iron intake, Vitamin C intake, Anemia status, Pregnant women

# KAJIAN ASUPAN ZAT BESI, VITAMIN C DAN STATUS ANEMIA PADA IBU HAMIL DI KABUPATEN BANTUL

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## ABSTRAK

**Latar Belakang** : Anemia adalah kondisi dimana berkurangnya sel darah merah dalam sirkulasi darah atau kadar hemoglobin yang rendah sehingga tidak mampu untuk memenuhi kebutuhan tubuh. Di Kabupaten Bantul tahun 2017 presentase anemia ibu hamil sebesar 16,32% masih melampaui Renstra Kabupaten Bantul yaitu  $\leq 15\%$ .

**Tujuan** : Penelitian ini bertujuan untuk mengetahui status anemia ibu hamil berdasarkan asupan zat besi dan vitamin C 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 bulan 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 zat besi dan vitamin C yang diperoleh dengan menggunakan metode *Food Frequency Questionnaire (FFQ)* Semi Kuantitatif.

**Hasil** : Hasil penelitian ini menunjukkan bahwa sebanyak 78,8% ibu hamil memiliki asupan zat besi cukup dan 75,8% ibu hamil memiliki asupan vitamin C cukup. Sebesar 32,3% ibu hamil di Kabupaten Bantul masih mengalami anemia. Ibu hamil mengalami anemia karena asupan zat besi dan vitamin C masih kurang untuk memenuhi kebutuhan gizi dalam tubuhnya.

**Kesimpulan** : Asupan zat besi dan vitamin C sangat berpengaruh terhadap status anemia pada ibu hamil.

**Kata kunci** : Asupan Zat Besi, Asupan Vitamin C, Status Anemia, Ibu Hamil