

ABSTRACT

Study of Protein and Folic Acid Intake for Pregnant Women Anemia In the Stunting Locus Area in Kulon Progo Regency

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Anemia is a condition when the number of red blood cells or Hb in the blood is insufficient for the physiological needs of the body. In Kulon Progo Regency the percentage of anemia in pregnant women is 12.88%. To determine the intake of protein and folic acid in anemic pregnant women in the stunting locus in Kulon Progo Regency. This research is a descriptive study with a cross sectional design. The location of the study was conducted in the stunting locus in Kulon Progo Regency in December 2018. The sample in this study were pregnant women who were in the stunting locus in Kulon Progo Regency. Data collected were data on protein intake and intake of folic acid obtained by the semi-quantitative Food Frequency Questionnaire (FFQ) method. Based on the results of the study it was found that as many as 20 (20%) anemic pregnant women there were 9 (9%) pregnant women had less protein intake and from (80%) pregnant women who did not have anemia (23%) pregnant women with less protein intake. There are 36 (36%) pregnant women who are not anemic with less folic acid intake. While from 20 anemia pregnant women there are 5 pregnant women with less folic acid intake.

Key word : anemia, protein intake, folic acid intake

ABSTRAK

Kajian Asupan Protein dan Asam Folat Pada Ibu Hamil Anemia Di Wilayah Lokus Stunting Di Kabupaten Kulon Progo

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Anemia merupakan suatu keadaan ketika jumlah sel darah merah atau Hb dalam darah tidak mencukupi untuk kebutuhan fisiologis tubuh. Di Kabupaten Kulon Progo persentase anemia pada ibu hamil sebesar 12,88%. Untuk mengetahui asupan protein dan asam folat pada ibu hamil anemia di wilayah lokus stunting di Kabupaten Kulon Progo. Penelitian ini merupakan penelitian deskriptif dengan desain *cross sectional*. Lokasi penelitian dilakukan di wilayah lokus stunting di Kabupaten Kulon Progo pada bulan Desember 2018. Sampel pada penelitian ini adalah ibu hamil yang ada di wilayah lokus stunting di Kabupaten Kulon Progo. Data yang dikumpulkan adalah data asupan protein dan asupan asam folat yang di peroleh dengan metode *Food Frequency Questioninner* (FFQ) semi kuantitatif. Berdasarkan hasil penelitian diketahui sebanyak 20 (20%) ibu hamil yang anemia terdapat 9 (9%) ibu hamil asupan proteinnya kurang dan dari (80%) ibu hamil yang tidak anemia terdapat 23 (23%) ibu hamil dengan asupan protein kurang. Terdapat 36 (36%) ibu hamil tidak anemia yang asupan asam folatnya kurang. Sedangkan dari 20 ibu hamil yang anemia terdapat 5 ibu hamil dengan asupan asam folat kurang.

Kata kunci : anemia, asupan protein, asupan asam folat