

HUBUNGAN KONSUMSI BAHAN MAKANAN SUMBER ANTIOKSIDAN, OKSIDAN, PROTEIN DAN KEPATUHAN KONSUMSI TABLET FE DENGAN KADAR HB IBU HAMIL DI WILAYAH PUSKESMAS TONJONG KECAMATAN TONJONG KABUPATEN BREBES

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Angka Kematian Ibu (AKI) merupakan salah satu indikator keberhasilan layanan kesehatan di suatu negara. Kematian ibu dapat terjadi karena beberapa sebab, diantaranya karena anemia. Penelitian ini bertujuan untuk hubungan konsumsi bahan makanan sumber antioksidan, oksidan, protein dan kepatuhan konsumsi tablet Fe dengan kadar Hb ibu hamil di wilayah Puskesmas Tonjong Kabupaten Brebes.

Jenis penelitian ini adalah eksplanatif dengan menggunakan desain *cross sectional*. Jumlah sampel 48 responden, yang diambil dengan teknik total sampling. Pengumpulan data dengan teknik wawancara dan konsumsi bahan makanan sumber antioksidan, oksidan dan protein dengan metode SQ-FFQ. Analisis data dengan uji *Chi-Square & Fisher's Exact*.

Sebesar 64,6% responden dengan kadar Hb kurang dari normal, konsumsi bahan makanan sumber Antioksidan yang kurang yaitu yang berasal dari vitamin A 56,2 %, vitamin C 35,4 %, dan vitamin E 100 % responden termasuk dalam kategori kurang. Konsumsi bahan makanan sumber Oksidan yang berasal dari Lemak 70,8 % responden termasuk dalam kategori defisiensi. Konsumsi bahan makanan sumber Protein 68,8 % responden termasuk dalam kategori defisiensi. Kepatuhan konsumsi tablet Fe sebagian besar 75 % responden termasuk dalam kategori patuh. Ada hubungan yang bermakna antara konsumsi bahan makanan sumber antioksidan yang berasal dari vitamin A dengan kadar Hb ($p= 0,01$) demikian juga antara konsumsi bahan makanan sumber antioksidan yang berasal dari vitamin C dengan kadar Hb ($p= 0,02$). Ada hubungan yang bermakna antara konsumsi bahan makanan sumber oksidan yang berasal dari Lemak dengan kadar Hb ($p= 0,018$). Ada hubungan yang bermakna antara konsumsi bahan makanan sumber protein dengan kadar Hb ($p= 0,038$). Ada hubungan yang bermakna antara kepatuhan konsumsi tablet Fe dengan kadar Hb ($p= 0,035$).

Kata kunci: kadar Hb, ibu hamil, tablet Fe, Antioksidan, Oksidan, Protein

FOOD CONSUMPTION RELATION SOURCE OF ANTIOXIDANT, OXIDANT, PROTEIN AND COMPLIANCE OF Fe TABLET CONSUMPTION WITH HAEMOGLOBIN CONTENT IN THE PUSKESMAS TONJONG BREBES DISTRICT

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Maternal Mortality Rate (MMR) is one indicator of the success of health services in a country. Maternal deaths can occur for several reasons, such as anemia. This study aims to correlate the consumption of food sources of antioxidants, oxidants, proteins and compliance consumption of Fe tablets with Hb levels of pregnant women in the area of Tonjong Health Center Brebes County.

The type of this research is explanative by using cross sectional design. Total sample 48 respondents, taken with total sampling technique. Data collection with interview technique and food consumption source of antioxidant, oxidant and protein with method of SQ-FFQ. Data analysis with Chi-Square tes and fisher's Exact.

As much as 64.6% of respondents with less than normal Hb level, consumption of food sources of antioxidants that are less than vitamin A 56.2%, vitamin C 35.4%, and vitamin E 100% of respondents included in the category less. Consumption of food sources of Oxidants derived from Fat 70.8% of respondents included in the category of deficiency. Consumption of food sources Protein 68.8% of respondents included in the category of deficiency. Compliance of Fe tablet consumption is mostly 75% of respondents included in obedient category. There was a significant association between the consumption of antioxidant sources of vitamin A and Hb ($p = 0.01$) as well as between the consumption of antioxidant sources of vitamin C and Hb ($p = 0.02$). There is a significant relationship between the consumption of food sources of oxidants derived from Fat with Hb levels ($p = 0.018$). There was a significant relationship between the consumption of food sources of protein with Hb levels ($p = 0.038$). There was a significant correlation between compliance of Fe tablet consumption with Hb content ($p = 0,035$).

Keywords: Hb concentration, pregnant mother, Fe tablet, Antioxidant, Oxidant, Protein