

**HUBUNGAN KONSUMSI SUMBER MAKANAN PROOKSIDAN
EKSOGEN DENGAN STATUS ANEMIA PADA IBU HAMIL
DI WILAYAH PUSKESMAS KALIGANGSA
KABUPATEN BREBES**

Arlini Rakhim¹, Agustin Syamsianah²

^{1,2}Program Studi S1 Gizi Fakultas Ilmu Keperawatan dan Kesehatan
Universitas Muhammadiyah Semarang

Ibu hamil sangat rentan mengalami anemia. Berdasarkan buku profil Puskesmas Kaligangsa tahun 2016 sebanyak 32,6% ibu hamil mengalami anemia. Anemia dapat terjadi karena stres oksidatif sel merah disebabkan oleh peningkatan prooksidan dalam tubuh. Sumber makanan prooksidan eksogen antara lain makanan sumber lemak, karbohidrat, dan makanan instan. Penelitian ini bertujuan mengetahui hubungan konsumsi makanan sumber prooksidan dengan status anemia pada ibu hamil di wilayah Puskesmas Kaligangsa Kabupaten Brebes.

Jenis penelitian ini yaitu penelitian analitik menggunakan desain *case control*. Pengambilan sampel menggunakan *simple random sampling* dengan jumlah sampel 32 ibu hamil pada kelompok kasus dan 32 ibu hamil pada kelompok kontrol. Data dianalisis dengan uji *Chi Square* dan uji multivariat *Regresi Logistik*.

Ibu hamil yang konsumsi makanan sumber lemak rata-rata sebanyak 53,10%, konsumsi makanan sumber karbohidrat rata-rata sebanyak 53,10%, dan ibu hamil yang sering konsumsi makanan instan sebanyak 84,40%. Ada hubungan konsumsi makanan sumber lemak dengan anemia pada ibu hamil ($p=0,001$; $OR=7,933$; 95%CI 2,257 – 27,880), Ada hubungan konsumsi makanan instan dengan anemia pada ibu hamil ($p=0,000$; $OR=52,20$; 95% CI 11,368 – 239,70), tetapi tidak ada hubungan konsumsi makanan sumber karbohidrat dengan status anemia. Konsumsi makanan instan paling berisiko mengalami anemia sebesar 44,388 kali.

Kata kunci : Sumber Prooksidan Eksogen, Anemia, Ibu Hamil

**THE CONSUMPTION EXOGENOUS PROOXIDANT FOOD WITH
ANEMIA ON PREGNANT WOMEN
IN PUBLIC HEALTH OF KALIGANGSA
BREBES**

Arlini Rakhim¹, Agustin Syamsianah²

^{1,2} Nutrition Studies Program Faculty of Nursing and Health Sciences
University of Muhammadiyah Semarang

The Pregnant women are very susceptible to anemia. Based on Public Health of Kaligangsa profile book 2016 as much as 32,6% pregnant mother have anemia. Anemia have occurred because oxidative stress of red cells could increased prooxidants.. Sources of prooxidant exogenous include dietary sources of fat, carbohydrates, and instant foods. This study aims to determine the relationship of food consumption of prooxidant foods with anemia status in pregnant women in Public Health of Kaligangsa Brebes.

This analytical research using case control design. Sampling was done using simple random sampling with total sample of 32 case group and 32 control group. Analyzed by Chi Square test and multivariate test of logistic regression.

Pregnant women who consumed food sources of fat an average of 53.10%, consumption of carbohydrate average is 53.10%, and frequent consumption of instant food is 84.40%. There is relation consumption of dietary of fat with anemia in pregnant women ($p = 0,001$; OR=7,933; 95% CI 2,257 - 27,880), there is relation consumption of instant foods with anemia in pregnant women ($p = 0,000$; OR = 52.20; 95 % CI 11,368 - 239,70), but there was no relationship of food consumption of carbohydrate with anemia. Consumption of instant foods most at risk of anemia of 44.388 times.

Keywords: Exogenous Prooxidant Food, Anemia, Pregnant Women