

Pengaruh minum teh terhadap kejadian anemia pada usila di kota Bandung

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Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh minum teh terhadap kejadian anemia kurang zat besi pada penduduk usia lanjut (usila). Populasi penelitian ini adalah usila di Kota Bandung dan sampelnya dipilih secara acak sebanyak 132 usila di Kecamatan Cicendo. Metode pengukuran hemoglobin menggunakan Sianmethemoglobin, sedangkan kebiasaan minum teh diukur dengan catatan asupan makanan (food record) 1 x 24 jam selama 7 hari. Analisa data menggunakan regresi logistik ganda.

Hasil penelitian didapatkan bahwa kejadian anemia pada usila di Kota Bandung adalah 47,7% (95%CI = 39%?56%). Separuh dari responden (49%) mempunyai kebiasaan selalu minum teh tiap hari (95%CI = 40%?58%). Usila yang selalu minum teh tiap hari mempunyai risiko untuk anemia 92 kali lebih tinggi (95%CI=8?221) dibandingkan usila yang tidak pernah minum teh setelah dikontrol dengan variabel konsumsi lauk dan konsumsi pauk. Apabila kebiasaan minum teh setiap hari dapat dikurangi maka kejadian anemia pada usila dapat diturunkan sebesar 85%, dari 47,7% menjadi 7,3%. Kejadian anemia dapat diturunkan dengan cara mengurangi kebiasaan minum teh atau meningkatkan konsumsi protein, namun mengingat kondisi gigi serta keuangan usila, maka perubahan kebiasaan minum teh merupakan pilihan yang paling bijak untuk menurunkan kejadian anemia.

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The Effect of Drinking Tea to the Anemia among Elderly in Bandung. The objective of this study is to know the effect of tea to anemia iron deficiency among elderly people. The study population is the elderly people in Bandung City. The sampling was 132 elderly that were selected randomly in Sub District of Cicendo year 2005. Method of measuring hemoglobin is the sianmethemoglobin and the drinking tea was measured by 1 x 24 hours food record for seven days. The data was analysis using multiple logistic regression.

The results of this study shows that rate of anemia among elderly people in Bandung is 47,7% (95%CI = 39%?56%) and about half of the elderly (49%) drinking tea every day (95%CI = 40%?58%). The elderly who drink tea every day have risk for anemia 92 times higher compared than those who did not drink tea (ORadj = 91.8, 95% CI = 8?221) after controlled for protein intake. If the drinking tea habit among elderly could be changed, the anemia could be reduced by 85% i.e. from 47.7% become 7.3%. In order to decrease anemia, it's suggested to reduce their drinking tea habit or increase their protein intake. However, due to lack of their teeth's functioning and low of their economic status, reducing their drinking tea habit is the best choice to decrease anemia among elderly.