

Korelasi antara kadar feritin serum dengan indeks massa tubuh pada perempuan hamil trimester 1 = Correlation between serum ferritin levels and body mass index in pregnant women in first trimester

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Abstrak

Defisiensi besi selama kehamilan adalah salah satu defisiensi gizi yang prevalensinya tetap tinggi di dunia yaitu mencapai 70%. Berat badan kurang merupakan salah satu faktor risiko terjadinya defisiensi besi selama kehamilan. Ferritin adalah protein cadangan zat besi yang disintesis oleh hati dan dapat meningkat selama peradangan. Penelitian ini bertujuan untuk mengetahui korelasi antara kadar feritin serum dengan indeks massa tubuh pada perempuan hamil trimester 1. Desain penelitian yang digunakan adalah studi potong lintang. Penelitian dilakukan di Pusat Kesehatan Masyarakat Kramat Jati, Jakarta selama bulan Oktober 2013. Pengambilan subyek dilakukan dengan cara consecutive sampling. Empat puluh tujuh perempuan hamil trimester 1 didapatkan memenuhi kriteria penelitian. Didapatkan rerata usia $27,79 \pm 4,85$ tahun, diantara subyek penelitian 5 orang (10,6%) memiliki berat badan kurang, 25 orang (53,2%) berat badan normal dan 17 berat badan lebih (36,2%). Nilai tengah asupan zat besi 23,21 (8,4 36,80) mg/hari. Asupan zat besi menunjukkan 66% subyek memiliki asupan zat besi kurang dari Angka Kecukupan Gizi (AKG) Indonesia. Nilai tengah kadar feritin serum 58,1 (4,9 139,8) g/L dan 6,4% subyek tergolong status feritin rendah. Hasil penelitian ini diperoleh korelasi positif tidak bermakna antara kadar feritin serum dengan indeks massa tubuh pada perempuan hamil trimester 1 ($r=0,097$, $p=0,52$).

Iron deficiency during pregnancy is one of nutritional deficiency with high prevalence in the world, reaching up to 70%. Underweight is one of the main risk factors for iron deficiency during pregnancy. Ferritin is an iron storage protein which synthesized in the liver and can be increased during inflammation. The aim of this study was to find out the correlation between serum ferritin levels and body mass index (BMI) in pregnant woman in their first trimester. The design of the study is cross-sectional. Data collection was conducted at Kramat Jati Primary Health Care, Jakarta during October 2013. Subjects were obtained by consecutive sampling method. A total of 47 pregnant women in their first trimester subjects had met the study criteria. The mean of maternal age was $27,79 \pm 4,85$ years, among them are 5 underweight (10,6%), 25 normal weight (53,2%) and 17 overweight (36,2%). Median of iron intake was 23,21 (8,4 36,80) mg/day. Intake of iron showed 66% of the subjects had intake of iron less than Indonesian recommended dietary allowance (RDA). Median of serum ferritin levels was 58,1 (4,9 139,8) g/L, while 6,4% of the subjects were categorized as low ferritin status. No significant correlation was found between serum ferritin levels and BMI in pregnant women in their first trimester ($r=0,097$, $p=0,52$).