

## Korelasi antara asupan asam folat dengan indikator tinggi badan terhadap usia (TB/U) pada anak usia 5- 6 tahun di Jakarta = Correlation of folic acid intake and value of height for age indicator on children aged 5- 6 years old in Jakarta

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### Abstrak

#### [<b>ABSTRAK</b><br>

Stunting merupakan suatu masalah kesehatan yang banyak ditemui pada balita Indonesia, yang ditetapkan oleh WHO sebagai rasio tinggi badan terhadap usia (TB/U) dibawah persentil 5. Persentase stunting balita Indonesia adalah sebesar 37,2% dan terklasifikasi sebagai high severity stunting oleh WHO. Stunting menjadi suatu isu penting karena memiliki dampak buruk yang bersifat inter-generasi. Stunting bersifat kronik dan memiliki penyebab yang bersifat multifaktorial, dengan defisiensi nutrisi sebagai penyebab utama. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat korelasi antara asupan asam folat dengan indikator TB/U. Penelitian ini dilakukan dengan menggunakan desain studi cross-sectional. Data yang digunakan dalam penelitian ini merupakan data sekunder dari penelitian yang dilakukan pada Mei 2011 dengan subjek anak 5-6 tahun yang berdomisili di beberapa RW di Jalan Kimia, Jakarta Pusat. Metode penelitian menggunakan pengukuran antropometri terstandar untuk memperoleh tinggi badan subjek serta -food-frequency questionnaire (FFQ) untuk mengetahui asupan asam folat subjek. Data yang diperoleh kemudian diolah menggunakan piranti lunak SPSS 11.5 lalu dianalisis dengan uji Spearman dan uji Chi-Square. Didapatkan bahwa persentase subjek stunted adalah sebesar 20% dan lebih dari 70% subjek memiliki asupan asam folat harian rendah. Hasil penelitian menunjukkan bahwa tidak ditemukan adanya korelasi antara asupan asam folat dengan indikator TB/U.

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#### <b>ABSTRACT</b><br>

Stunting is a health issue commonly found in Indonesian children of 0-5 years old, whose height-for-age is lower than the 5th percentile standard set by WHO. Having 37,2% of its 0-5 years old population to be stunted (2013), Indonesia claims a high severity stunting level from WHO. Stunting rises as an important issue because of its inter-generation lasting poor effect. Stunting is a chronic and multifactorial condition in which nutrient deficiency holds the main etiology. This research aims to determine whether a correlation between folic acid intake and height-for-age indicator exists. Running a cross-sectional study design, this research uses secondary data from a former research conducted in May 2011 with children of 5-6 years old living in some RWs located at Kimia Street, Central Jakarta as its subjects. The research method comprised a standardized anthropometric measurement and the usage of food-frequency questionnaire (FFQ) to obtain subject?s height and folic acid intake respectively. Using SPSS 11.5 software, data is then analyzed by Spearman and Chi-Square test, resulting 20% of subjects being stunted and more than 70% of subjects receiving under-par folic acid intake. This research shows that no correlation could be found between folic acid intake and height-for-age indicator., Stunting is a health issue commonly found in Indonesian children of 0-5 years old, whose height-for-age is lower than the 5th percentile standard set by WHO. Having 37,2%

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