

## Korelasi antara asupan protein dengan jumlah bifidobacterium feces ibu hamil trimester ketiga : penelitian pendahuluan = Correlation between protein intake with bifidobacterium feces in the third trimester of pregnancy : a preliminary study

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### Abstrak

Kolonisasi Bifidobacterium merupakan bakteri komensal yang baik untuk perkembangan dan kolonisasi awal mikrobiota janin. Jumlah Bifidobacterium dapat dipengaruhi oleh asupan protein ibu selama hamil. Penelitian potong lintang ini dilakukan di seluruh puskesmas kecamatan di Jakarta Timur mulai bulan Februari hingga April 2015 dengan subjek ibu hamil berusia 19 - 44 tahun dan usia kehamilan 32 - 37 minggu. Data asupan protein didapatkan dengan metode 2-day repeated 24 hour food recall, selain itu dinilai juga rasio asupan nabati- hewani menggunakan metode semi quantitative - food frequency questionnaire (SQ-FFQ). Analisis feces dilakukan pada 52 subjek menggunakan metode real time-polymerase chain reaction (rPCR). Hasil penelitian ini memperlihatkan terdapat korelasi positif lemah tidak bermakna antara asupan protein dengan jumlah Bifidobacterium ( $r = 0,132$ ,  $p > 0,05$ ), sehingga penelitian ini belum dapat membuktikan adanya korelasi antara asupan protein dengan jumlah Bifidobacterium pada ibu hamil trimester ketiga.

*Bifidobacterium is a commensal bacteria that are beneficial for the development and early colonization of microbiota on fetus. The amount of Bifidobacterium can be influenced by maternal protein intake during pregnancy. A cross-sectional study had been conducted in all primary health care in East Jakarta Subdistrict, from February to April 2015. Subjects of the study were pregnant women aged 19-44 years old and gestational age 32-37 weeks. The quantity of protein intake was obtained by 2-day repeated 24 hour food recall method, moreover, the study also assessed the intake of vegetable-animal ratio by semiquantitative-food frequency questionnaire (SQ-FFQ) method. Stool analysis was conducted on 52 subjects using real-time polymerase chain reaction (rPCR). The result of the study showed a poor positive correlation between protein intake with the amount of Bifidobacterium ( $R = 0.132$ ,  $p > 0.05$ ). This study has not showed any significant correlation between protein intake with the amount of Bifidobacterium in the third trimester of pregnancy.*