

# Hubungan asupan asam folat dengan kadar folat ibu hamil trimester 1 di RSIA Bunda dan RSIA Budi Kemuliaan tahun 2013-2014 = Relation of folic acid intake with blood folate levels in the first trimester in pregnant women in RSIA Bunda and RSIA Budi Kemuliaan year 2013-2014

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## Abstrak

Latar Belakang: Asam folat merupakan salah satu vitamin yang penting bagi embriogenesis, khususnya pembentukan tabung neural. Karena itu, asam folat sangat penting bagi ibu hamil khususnya pada trimester pertama saat terjadinya pembentukan tabung neural. Sudah ada program suplementasi folat yang disebutkan dapat menaikkan konsentrasi kadar folat. Namun, masih belum terdapat informasi mengenai bagaimana status folat ibu hamil di Indonesia.

Tujuan: Mengetahui hubungan antara asupan asam folat dengan kadar folat darah pada ibu hamil trimester pertama.

Metode: Studi cross-sectional dari 119 ibu hamil di RSIA Bunda dan RSIA Budi Kemuliaan pada tahun 2013-2014.

Hasil: Dari 119 ibu hamil yang diteliti, nilai tengah usia 28 19 ndash; 35 tahun, sebagian besar 58 tidak bekerja, sebagian besar 52,9 memiliki pendidikan yang tinggi, dan sebagian besar 72,3 memiliki pendapat keluarga sangat tinggi. Terdapat 57,1 responden yang asupan folatnya kurang. Nilai tengah kadar folat darah responden 19,36 10,59-34,94 ng/mL dengan sebaran 58,8 memiliki kadar folat serum normal dan 41,2 memiliki kadar folat serum meningkat. Uji korelasi Spearman yang dilakukan menunjukkan tidak adanya korelasi antara asupan folat dengan kadar folat darah  $r=0,061$ ;  $p=0,509$ .

Kesimpulan: Tidak terdapat hubungan bermakna antara asupan asam folat dengan kadar folat darah ibu hamil trimester pertama.

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Background: Folic acid is one of the vitamins which are important in embryogenesis, particularly neural tube formation. So, folic acid is very important for pregnant women in the first trimester, when formation of neural tube takes place. There has been folate supplementation program that can increase blood folate concentration. But, there has not been adequate information about folate status in pregnant women in Indonesia.

Aim: To know the relation between folic acid intake and blood folate levels in pregnant women in the first trimester.

Methods: Cross sectional study from 119 pregnant women in RSIA Bunda and RSIA Budi Kemuliaan year 2013 2014.

Results: From 119 pregnant women studied, the median of age is 28 19 35 years old, and the majority is working 58, high educated 52,9, and having high income 72.3. There were 57.1 women having low intake of folic acid. The median of blood folate levels is 19.36 10.59 34.84 ng mL which 58.8 has normal serum folate levels and 41.2 has elevated serum folate levels. Spearman corellation test showed no corellation between folic acid intake and blood folate levels  $r 0.061$   $p 0.509$ .

Conclusion: There is no significant relation between folic acid intake and blood folate levels in pregnant

women in the first trimester.