

Status folat anak sekolah dasar pekayon 01 dan faktor yang berhubungan di kecamatan Cibubur Jakarta Timur tahun 1999

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Abstrak

ABSTRAK

Tujuan: untuk mendapatkan status folat anak usia sekolah dan faktor yang berhubungan.

Tempat : Sekolah Dasar Pekayon 01, Kecamatan Cibubur Jakarta Timur

Bahan dan cara : disain penelitian ini cross sectional, dengan subyek 92 orang murid kelas III, IV dan V dari SD yang dipilih secara purposif. Data yang dikumpulkan meliputi data umum subyek, status gizi, asupan makan dan pemeriksaan laboratorium serta data responden/ibu subyek.

Hasil: prevalensi anemia sebanyak 17,4%, tidak didapatkan subyek dengan makroovalosit dan hipersegmentasi neutrofil. Status folat plasma 97,8% subyek normal dan termasuk kategori perbatasan 2,2%. Dengan menggunakan food frequency amount, didapatkan 48,9% subyek mempunyai asupan folat kurang. Pola makan tergolong kurang pada 22,8% subyek, dan asupan energi termasuk kategori kurang pada 81,5% subyek. Proporsi karbohidrat, protein dan lemak terhadap energi belum sesuai dengan anjuran diet seimbang berdasarkan Depkes. Status gizi subyek berdasarkan kriteria BB/U, TB/U dan BB/TB masing-masing 7,6%, 7,6% dan 6,6% tergolong kurang. Stunting didapatkan pada 12% subyek. Tidak didapatkan hubungan bermakna antara variabel-variabel yang diteliti.

Kesimpulan: prevalensi anemia sebanyak 17,4%. Pada subyek penelitian tidak didapatkan defisiensi folat. Asupan folat di bawah AKG terdapat pada 48,9% subyek. Untuk mengetahui penyebab anemia perlu dilakukan penelitian lebih lanjut.

Kata kunci: anak usia sekolah, anemia, folat

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ABSTRACT

Objective: to determine folate status of school-age children and related factors.

Place: Pekayon 01 Primary School, Cibubur Distric, East Jakarta

Materials and method : design study is a cross sectional. Ninety two students of grade III, IV and V of primary school were selected using purposive technical sampling. The data collected from subjects were general data, nutritional status, dietary intake, laboratory assessment and data of respondents (mothers of subjects).

Results

anemia was found in 17.4% subjects. Neither subject with macroovalocyte nor neutrophils hypersegmentation were found. The plasma folate status of 97.8% subjects were normal, while 2.2% subjects were classified as borderline. Using food frequency amount method, 48.9% subjects had low folate intake. Food pattern showed low in 22.8% subjects and energy intake was found low in 81.5% subjects. The proportion of energy from carbohydrate, protein, and fat to total energy intake was inappropriate compare to well-balanced diet suggested by The Ministry of Health RI. Nutritional status based on index weight for age, height for age and weight for height were identified as low in 7.6%, 7.6%, and 6.6% subjects as low. Stunted was found in 12% subjects. No significant relationship was found within variables.

Conclusion

anemia was found in 17.4% subjects. There was no subjects showed folate deficiency, however, folate intake of 48.9% subjects was below the RDA. Further study is necessary to investigate the cause of anemia.

Key words

: school-age children, anemia, folate

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