

Hubungan antara Status Zat Besi dengan Status Perkembangan Berdasarkan ASQ-3 pada Anak Usia 24-36 Bulan di Jakarta = The Association between Iron Status and Developmental Status of Children Aged 24-36 Months Based on ASQ-3 in Jakarta

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Abstrak

Latar belakang: Perkembangan anak yang optimal diperlukan untuk mendukung proses belajar di kemudian hari. Zat besi merupakan salah satu nutrisi yang dibutuhkan dalam perkembangan otak untuk mendukung perkembangan anak, yang masih sangat diperlukan hingga usia 3 tahun. Penelitian ini bertujuan mengetahui hubungan antara status zat besi dengan status perkembangan anak usia 24-36 bulan.

Metode: Penelitian dengan desain potong lintang eksplorasi dilakukan di Kampung Melayu, Jakarta pada bulan September sampai Oktober 2020. Subjek yang memenuhi kriteria penelitian didapatkan dengan teknik total population sampling. Data didapatkan dari wawancara karakteristik dan asupan zat besi menggunakan semi quantitative-food frequency questionnaire (SQ-FFQ), pemeriksaan antropometri, status perkembangan berdasarkan Ages and Stages Questionnaire-3 (ASQ-3), dan status zat besi dari pemeriksaan feritin, hemoglobin, dan high sensitivity C-reactive protein (hs-CRP). Analisis data menggunakan uji Chi square/Fisher, Mann-Whitney, dan regresi logistik.

Hasil: Dari 80 subjek yang berhasil diperoleh, terdapat status gangguan perkembangan pada 17,5% subjek dan status zat besi kurang pada 41,3% subjek. Tidak terdapat hubungan bermakna antara status zat besi dengan status perkembangan. Dari analisis multivariat regresi logistik didapatkan status zat besi ($p = 0,019$) dan status gizi ($p = 0,018$) berkontribusi terhadap gangguan perkembangan, yaitu masing-masing sebesar 7,5 (95% CI 1,397-40,635) dan 11,45 (95% CI 1,518-86,371).

Kesimpulan: Status zat besi berkontribusi dalam perkembangan anak usia 24–36 bulan, sehingga dibutuhkan upaya untuk menjaga status zat besi selain juga status gizi anak.

.....Background: Optimal child development is needed to support the learning process at a later date. Iron is one of the nutrients needed in brain development to support child development, which is still very needed until the age of 3 years. This study aims to determine the association between iron status and developmental status in children aged 24-36 months.

Methods: An explorative cross-sectional study was conducted in Kampung Melayu, Jakarta, from September to October 2020. Subjects who met the research criteria were obtained using the total population sampling method. Data were obtained from interviews on characteristics and iron intake using semi quantitative-food frequency questionnaire (SQ-FFQ), anthropometric examinations, developmental status based on Ages and Stages Questionnaire-3 (ASQ-3), and iron status from ferritin, hemoglobin, and high sensitivity C-reactive protein (hs-CRP) tests. Data analysis used Chi square/Fisher, Mann-Whitney test, and logistic regression.

Results: Of the 80 subjects that were obtained, there was developmental disorder in 17.5% of subjects and deficient iron status in 41.3% of subjects. There was no significant relationship between iron status and developmental status. From the multivariate logistic regression analysis, it was found that iron status ($p = 0.019$) and nutritional status ($p = 0.018$) contributed to developmental disorder, namely 7.5 (95% CI 1.397-40.635) and 11.45 (95% CI 1.518-86.371), respectively.

Conclusion: Iron status contributed to the development of children aged 24–36 months, so efforts are needed to maintain iron status as well as children's nutritional status.