

Status besi anak sekolah dan faktor yang berhubungan di dua Sekolah Dasar Kecamatan Cibubur, Jakarta Timur: Hubungan antara status besi dengan daya konsentrasi belajar

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Abstrak

Tujuan : Untuk mengetahui status besi anak usia sekolah dan faktor yang berhubungan serta hubungan status besi dengan daya konsentrasi belajar.

Tempat : Sekolah Dasar Pekayon 18 dan Jasmin, Kecamatan Cibubur, Jakarta Timur.

Bahan dan cara : Penelitian desain cross sectional, pada 92 orang subyek yang dipilih secara purposive. Data yang dikumpulkan meliputi data umum subyek dan responden/ibu subyek, status gizi, asupan makan, serta pemeriksaan laboratorium darah dan tinja. Setelah status besi ditetapkan berdasarkan kadar hemoglobin dan feritin plasma, subyek dibagi secara acak sederhana (sub sampel) menjadi status besi normal dan defisiensi besi kemudian terhadap ke dua kelompok dilakukan pemeriksaan daya konsentrasi belajar. Uji statistik yang digunakan untuk mengetahui hubungan dua variabel adalah uji Kolmogorov-Smirnov dengan dua variabel dan uji eksak Fisher.

Hasil : Prevalensi anemia ditemukan sebesar 14,1% dan defisiensi besi 14,2%, sebanyak 1,1% di antaranya menderita anemia defisiensi besi. Dari penilaian food frequency amount didapatkan 85,9% subyek mempunyai asupan besi yang tergolong kurang dan 79,3% subyek asupan energinya termasuk kriteria kurang. Data pola makan menunjukkan 50% subyek termasuk dalam kriteria kurang. Penilaian terhadap status gizi mendapatkan 7,5% subyek mempunyai bentuk tubuh pendek dan 2,2% subyek tergolong kurus. Tidak didapatkan hubungan yang bermakna ($p > 0,05$) antara daya konsentrasi belajar dengan status besi pada subyek penelitian dan ditemukan pula hubungan yang tidak bermakna ($p > 0,05$) antara sebagian besar variabel yang diteliti.

Simpulan: Pada penelitian ini didapatkan prevalensi anemia 14,1% dan defisiensi besi 14,2%, sejumlah 1,1% subyek di antaranya menderita anemia defisiensi besi. Tidak ditemukan hubungan bermakna ($p > 0,05$) antara status besi dengan daya konsentrasi belajar.

Iron Status of Children of Two Elementary Schools and Its Related Factors in Cibubur District, East Jakarta: Relationship between Iron Status and Capacity of Learning Concentration
Objective: To know the iron status of school-age children and its related factors and the relationship between iron status and capacity of learning concentration.

Location: Pekayon 18 and Jasmin Elementary Schools, Cibubur District, East Jakarta.

Material and Method: A cross-sectional study has been carried out on 92 subjects? selected using purposive sampling method. Data collected consist of socio-economic status, nutritional status, dietary intake, and

laboratory examinations for hemoglobin, plasma ferritin and stool egg count. Iron status was determined by hemoglobin concentration and plasma ferritin level. Subjects were divided into normal and iron deficiency based on these laboratory findings, and capacity of learning concentration was examined on both groups. Statistical analysis was performed by Kosmogorov-Smirnov and Fisher exact test for the relationship between variables.

Results: Anemia was found in 14.1% subjects, and 14.2% of subjects had iron deficiency in which 1.1% of them had iron deficiency anemia. Inadequate iron and energy intake was found in 85.9 and 79.3% of subjects respectively, and 50% of subjects had poor eating pattern. Nutritional status assessment showed that 7.6% of subjects had short stature (stunted) and 2.2% were wasted. There was no significant relationship ($p>0.05$) between iron status and the capacity of learning concentration and between most variables.

Conclusion: The prevalence of anemia in this study was 14.1%, and iron deficiency was found in 14.2% of subjects, in which 1.1% of them had iron deficiency anemia. There was no significant relationship ($p>0.05$) between iron status and the capacity of learning concentration.