

## Status asam folat akseptor KB hubungannya dengan pemakaian pil dan bukan pil di RW 014 Kelurahan Pisangan Baru, Kecamatan Matraman, Jakarta Timur

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### Abstrak

Tujuan : Mengetahui status asam folat dan perilaku tentang asupan asam folat pada akseptor KB, sehingga dapat dipertimbangkan perlu tidaknya suplementasi asam folat pada akseptor KB, khususnya akseptor pil.

Tempat : RW 014 Kelurahan Pisangan Baru, Kecamatan Matraman, Jakarta Timur

Bahan dan Cara : Penelitian cross-sectional dan subjek penelitian adalah semua akseptor KB yang memenuhi kriteria penelitian. Data yang dikumpulkan meliputi data sosio demografi, pola makan, asupan gizi (makro nutrisi dan asam folat), status kadar asam folat serum dan sel darah merah (SDM),

Hasil : Tidak didapatkan kadar asam folat serum  $< 3$   $\mu\text{g/ml}$ . Status asam folat serum subjek tidak berhubungan dengan pemakaian pil, karakteristik demografi, asupan gizi dan status gizi. Persentase kadar asam folat SDM  $< 160$   $\mu\text{g/ml}$  adalah 3,5%. Kadar asam folat SDM subjek pil tidak berbeda dengan subjek bukan pil, namun ada kecenderungan kadar asam folat SDM subjek pil lebih rendah dari subjek bukan pil. Secara bermakna kadar asam folat SDM subjek berhubungan dengan kebiasaan mengkonsumsi sayur hijau dan kelompok umur. Perbedaan dalam mengolah sayur menyebabkan perbedaan bermakna pada jumlah subjek yang mempunyai kadar asam folat SDM  $< 160$   $\mu\text{g/ml}$ . Rata-rata asupan zat-zat gizi subjek penelitian di bawah AKG yang dianjurkan. Subjek pil mempunyai rata-rata asupan asam folat lebih rendah bermakna dari subjek bukan pil, namun tidak didapatkan korelasi antara asupan asam folat dengan kadar asam folat serum dan SDM subjek penelitian.

Kesimpulan : Status asam folat serum dan SDM subjek penelitian tidak berhubungan dengan pemakaian pil dan bukan pil, sehingga belum diperlukan suplementasi pada subjek penelitian khususnya subjek pil.

*Folic Acid Status in Contraceptive Users in Correlation with Using Pill and Non-Pill at RW 014 Kelurahan Pisangan Baru, Kecamatan Matraman Jakarta Timur*  
Objective: To determine the folic acid status and the behavior of folic acid intake in contraceptive users. This is in order to decide whether folic acid supplementation is necessary, especially for pill users.

Location: RW 014 Kelurahan Pisangan Baru, Kecamatan Matraman, Jakarta Timur.

Methods: cross-sectional study and subjects were all contraceptive users who fulfill study criteria. Data collected were socio-demographic, eating pattern, nutritional intake (macro nutrient and folic acid), nutritional status, serum and RBC folic acid level.

Results: Serum folic acid level of  $< 3$   $\mu\text{g/ml}$ , was not found, Serum folic acid level was not associated with

using pill or non pill, socio-demographic, eating pattern, nutritional intake and nutritional status. The percentage of RISC folic acid level of N 160 mg/ml, was 3.5%. RISC folic acid level was not associated with using pill or non-pill, but there was a tendency Chef ItBC folic acid level in pill users was lower than non-pill users, There was a significant correlation between R13C folic acid level wish the frequency of green vegetables consumption and age group, 'The difference in the manner of cooking significantly associated with the number of subject with RBC folic acid level of 160 mg/ml. Nutritional intake was under RDI level in almost subjects. Pill users had in average significant lower folic acid intake compare to non-pill users, but there was no correlation between folic acid intake with serum and RBC folic acid level.

Conclusions: Serum and RHC folic acid stains is not associated with using pill or non-pill. From this study it is still not necessary for folic acid supplementation, especially for pill users.</i>