

Asupan Seng dan Korelasinya dengan Kadar Seng pada Air Susu Ibu di Jakarta = Zinc Intake and Its Correlation with Zinc level in Breastmilk among Lactating Mothers in Jakarta

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Abstrak

Seng pada ASI merupakan nutrient yang penting bagi kesejahteraan ibu dan bayi namun masih jarang diteliti. Rerata kadar seng pada ASI ibu menyusui di Indonesia belum didapatkan pada penelitian-penelitian terdahulu. Defisiensi asupan seng dapat mengganggu transfer seng dari tubuh ibu menuju ASI. Penelitian ini ditujukan untuk mengetahui hubungan antara asupan seng dengan kadar seng pada air susu ibu serta untuk mengetahui rerata kadar seng dalam ASI ibu menyusui di Indonesia. Penelitian ini merupakan penelitian potong lintang yang dilakukan di Puskesmas Cilincing dan Grogol Petamburan, Jakarta pada bulan Februari-April 2019. Sebanyak 99 subjek ibu menyusui 1-6 bulan postpartum berusia 20-49 tahun direkrut menggunakan metode sampel konsekutif. Data karakteristik dasar dan asupan nutrien diambil melalui wawancara sedangkan kadar seng pada ASI diukur melalui pemeriksaan FAAS di laboratorium. Data kemudian diolah menggunakan SPSS. Hasil penelitian menunjukkan bahwa defisiensi asupan seng terjadi pada 65% subjek dan kadar seng ASI yang rendah didapati pada 38,8% subjek. Tidak didapatkan hubungan bermakna antara asupan seng ibu menyusui dengan kadar seng ASI ($p=0,858$) sekalipun telah dilakukan kontrol terhadap faktor-faktor perancu. Kadar seng ASI berkurang seiring dengan bertambahnya usia bayi ($r=-0,187$, $p=0,001$) sehingga acuan asupan seng untuk bayi perlu disesuaikan dengan usia bayi

.....Breast milk zinc content is important for maintaining mother and baby health but the research is rarely done. Average breast milk zinc content of lactating mother in Indonesia is also unknown in previous researches. Zinc intake deficiency could lead to disruption in zinc transfer to the breastmilk. This study was determined to know the relationship between zinc intake and zinc breast milk content in lactating mother. This was a cross sectional study done in Cilincing and Grogol Petamburan health center from February 2019 to April 2019. There were 99 lactating mothers aged 20-49 years who have babies aged 1-6 month recruited using consecutive sampling method. Basic characteristic data were collected with interview method. Zinc breastmilk content data were gained using FAAS method in laboratory. Result shows that 65% of the subjects were having zinc intake deficiency and 38.8% lactating mothers were having low breast milk zinc content. There were no relationship between zinc intake and breast milk zinc content ($p=0.858$) even after control be done on confounding factors. Zinc breast milk content decrease as babies age (parameter estimation= -0.187 , $p=0.001$) so the standard of breast milk zinc content should be revised according to baby age.