

Hubungan Asupan Zat Gizi *Enhancer* dan *Inhibitor* Penyerapan Besi serta Ketaatan Konsumsi Tablet Fe terhadap Kejadian Anemia pada Ibu Hamil

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ABSTRAK

Latar Belakang: Ibu hamil sangat rentan mengalami anemia. Jarangnya konsumsi sumber makanan *enhancer* dan seringnya konsumsi sumber makanan *inhibitor* penyerapan zat besi serta cakupan konsumsi tablet Fe yang rendah lebih rentan mengalami anemia.

Tujuan: Mengetahui hubungan antara asupan zat gizi *enhancer* dan *inhibitor* penyerapan zat besi serta ketaatan konsumsi tablet Fe terhadap kejadian anemia pada ibu hamil.

Metode: *Cross-sectional* dengan sampel 71 ibu hamil usia 20-35 tahun yang dipilih dengan *consecutive sampling*. Status anemia ditentukan dari pengukuran kadar hemoglobin dengan HemoCue® Hb201+. Data asupan zat gizi *enhancer*, frekuensi konsumsi sumber *inhibitor* penyerapan besi, dan asupan zat gizi pembentuk hemoglobin diperoleh melalui wawancara SQ-FFQ serta waktu konsumsi sumber *enhancer* dan *inhibitor* penyerapan besi yang diperoleh melalui wawancara *Dietary History*. Ketaatan konsumsi tablet Fe dihitung dari tanggal ANC terakhir. Data dianalisis menggunakan uji *spearman*, uji *chi-square*, dan uji regresi logistik biner.

Hasil: Terdapat 57,7% subjek mengalami anemia. Rerata asupan protein subjek 104,54±52,5 g/hari dan asupan vitamin C terendah 8,60 mg/hari. Ditemukan 28,2%, 11,3%, dan 97,2% subjek sering mengonsumsi sumber *inhibitor*. Hasil menunjukkan bahwa 93,0% dan 95,8% subjek mengonsumsi sumber *enhancer* bersamaan dengan makan utama, serta 91,5%, 97,2%, dan 14,1% subjek mengonsumsi sumber *inhibitor* dengan jeda minimal 1 jam sebelum/setelah makan utama. Terdapat 76,1% subjek sudah taat mengonsumsi tablet Fe. Analisis bivariat dan multivariat menunjukkan ada hubungan antara asupan zat besi harian ($p=0,007$ dan $0,042$) dengan anemia.

Simpulan: Tidak ada hubungan antara asupan zat gizi *enhancer* dan *inhibitor* penyerapan besi serta ketaatan konsumsi tablet Fe terhadap kejadian anemia pada ibu hamil dan ada hubungan antara asupan Fe terhadap kejadian anemia pada ibu hamil.

Kata Kunci: anemia, ibu hamil, *enhancer*, *inhibitor*, tablet Fe

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Association between Intake of Enhancers and Inhibitors Nutrients of Iron Absorption and Adherence of Iron Supplements Consumption with Anemia of Pregnant Womens

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ABSTRACT

Background: Pregnant womens are very susceptible to anemia. Infrequent consumption of enhancer food sources and frequent consumption of food sources that inhibit iron absorption and low percentage of adherence of iron supplements consumption are more susceptible to anemia.

Objective: This study to analyze the association between intake of enhancers and inhibitors nutrients of iron absorption and adherence of iron supplements consumption with anemia.

Methods: A total of 71 subjects with age 20-35 years were selected by consecutive sampling for a cross-sectional study. Anemia status was determined by measuring hemoglobin levels with HemoCue® Hb201+. The intake of enhancers nutrients, the frequency of consumption of inhibitors of iron absorption, and the intake of hemoglobin-forming nutrients were obtained through SQ-FFQ. The time of consumption of enhancers and inhibitors of iron absorption were obtained through Dietary History. The adherence of iron supplements consumption were calculated from the date of the last ANC. Data were analyzed using the spearman test, chi-square test, and binary logistic regression test.

Results: A total of 57,7% of subjects were anemic. The average of protein intake were 104,54±52,5 g/day and the lowest of vitamin C intake was 8,60 mg/day. There were 28,2%, 11,3%, and 97,2% of subjects often consumed inhibitors sources. The results showed that 93,0% and 95,8% of subjects were consumed enhancers sources along with the main meal, as well as 91,5%, 97,2%, and 14,1% of subjects were consumed inhibitors sources at least 1 hour before/after meal. A total of 76,1% subjects were obedient to consume iron supplements. Bivariate and multivariate analysis showed that daily iron intake associated with anemia and iron intake ($p = 0,007$ and $0,042$) was associated with anemia.

Conclusions: Intake of enhancers and inhibitors nutrients of iron absorption and adherence of iron supplement consumption were not associated with anemia and iron intake was associated with anemia of pregnant women.

Keywords: Anemia, pregnant women, enhancers, inhibitors, iron supplements

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