

Asupan Vitamin B6, Folat, Vitamin B12 dan Kejadian Common Mental Disorders pada Mahasiswa: Literature Review

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ABSTRAK

Latar Belakang: Mahasiswa merupakan kelompok usia yang rentan mengalami *common mental disorders* (CMD) seperti depresi, kecemasan, dan stres. Faktor gizi, khususnya kecukupan zat gizi mikro seperti vitamin B6, folat (B9), dan vitamin B12, berperan penting dalam fungsi neurologis dan kestabilan suasana hati.

Tujuan: Membahas hubungan antara asupan vitamin B6, folat, dan vitamin B12 dengan kejadian CMD pada mahasiswa melalui review literatur.

Metode: Review literatur terhadap artikel ilmiah yang dipilih berdasarkan kriteria inklusi, yaitu penelitian kuantitatif dengan desain cross-sectional atau quasi-eksperimental, subjek usia 15–24 tahun, dan dipublikasikan dalam rentang waktu 2015–2025. Pencarian artikel dilakukan melalui database PubMed, ScienceDirect, dan Google Scholar, menggunakan kombinasi kata kunci yang relevan.

Hasil: Berdasarkan 14 artikel yang sudah direview, didapatkan 7 artikel yang menunjukkan adanya hubungan signifikan antara rendahnya asupan atau kadar vitamin B6, folat, dan vitamin B12 dengan meningkatnya gejala CMD. Sebanyak 7 artikel lainnya menunjukkan tidak ada hubungan antara asupan atau kadar vitamin B6, folat, dan vitamin B12 dengan penurunan gejala CMD. Hal ini bisa disebabkan oleh perbedaan variasi desain penelitian, metode pengukuran, dan faktor perancu lainnya yaitu gaya hidup seperti aktivitas fisik, merokok, konsumsi alkohol, stres, dan pola tidur atau status genetik.

Simpulan: Vitamin B6, folat, dan vitamin B12 memiliki potensi peran protektif terhadap kejadian CMD pada mahasiswa. Meskipun hubungan ini belum sepenuhnya konsisten dan perlu dilakukan penelitian lebih lanjut kedepannya.

Kata Kunci: folat, gangguan mental emosional, mahasiswa, vitamin B6, vitamin B12

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Intake of Vitamin B6, Folate, and Vitamin B12 and the Incidence of Common Mental Disorders Among University Students: A Literature Review

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ABSTRACT

Background: University students represented an age group that was particularly vulnerable to common mental disorders (CMD), such as depression, anxiety, and stress. Nutritional factors, especially the adequacy of micronutrients like vitamin B6, folate (B9), and vitamin B12, played a crucial role in neurological function and mood regulation.

Objective: To review scientific literature that examined the association between the intake of vitamin B6, folate, and vitamin B12 and the incidence of CMD among adolescents and university students through literature review.

Methods: This literature review analyzed scientific articles selected based on inclusion criteria: quantitative research with cross-sectional or quasi-experimental designs, participants aged 15–24 years, and publications dated between 2015 and 2025. Article searches were conducted through the PubMed, ScienceDirect, and Google Scholar databases using relevant keyword combinations.

Results: Based on 14 reviewed articles, 7 articles showed a significant relationship between low intake or levels of vitamin B6, folate, and vitamin B12 and increased CMD symptoms. The other 7 articles showed relationship between the intake or levels of vitamin B6, folate, and vitamin B12 and reduced CMD symptoms. This could be due to differences in study design variations, measurements methods, and other confounding factors such as a lifestyle including physical activity, smoking, alcohol consumption, stress, and sleep patterns or genetic status.

Conclusion: Vitamin B6, folate, and vitamin B12 might have played a protective role against CMD among university students, although the evidence remained somewhat inconsistent and further research needs to be conducted in the future.

Keywords: folate, emotional mental disorders, university students, vitamin B6, vitamin B12

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