PENGARUH KONSUMSI ZAT BESI DAN SENG DALAM MAKANAN TERHADAP KADAR HEMOGLOBIN CALON PENGANTIN WANITA (CPW) DI KECAMATAN TONGAS KABUPATEN PROBOLINGGO

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ABSTRACT

Prevalence of anemia in Indonesia still classified as high. It is not rare that anemia incidence also along with another micro nutrient deficiency, for example zinc. One of the nutrient problem disturbed groups is prospective brides group that is the females group who will prepare their pregnancies. The objective of this research was to studied the influence of iron and zinc consumption on the Hb level of the prospective brides.

A cross sectional research has been conducted on June 2009. The sample size of this research was 32 prospective brides in Tongas Sub-district has complied the requirements. Each of research variables was examined by using the linear regression to analysize effect of nutrient consumption on Hb level.

The result of this research indicated that most of prospective brides were attain the age of >18 years old (65,6%). The majority educational levels were graduated of Junior High School (34,4%) with the knowledge level about anemia was classified as lacked (68,8%). A large numbers of them were have not earnings (75%). The mean value of Hb concentration was 12,3 g/dl with SD 1,3 and the prevalence of anemia were 34% and classified as the mild anemia. Iron consumption levels were classified as deficit (100%) and zinc consumption levels were classified as deficit (78,1%), lacked (15,6%), and moderate (6,3%). The statistical analysis showed that neither iron consumption nor zinc consumption influence the Hb level among the brides (p = 0,434 and p = 0,728 respectively).

The conclusion of this research was that the iron and zinc substances levels had no effects to Hb level, and the most source of iron and zinc consumption from concerning vegetable food which is hardly digested by body. But the nutritious foods intake, especially the iron substance sources, into body have to be considered so that it could prevent the anemia incidence.

Key words: anemia, Hb level, iron, zinc

ABSTRAK

Prevalensi anemia di Indonesia masih tergolong tinggi. Tidak jarang kejadian anemia juga disertai defisiensi zat gizi mikro lainnya, misalnya seng. Kelompok rawan masalah gizi tersebut salah satunya adalah calon pengantin wanita yang merupakan kelompok wanita yang akan mempersiapkan kehamilan. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi zat besi dan seng terhadap kadar Hb calon pengantin wanita.

Penelitian ini menurut waktunya termasuk *crossectional* yang dilakukan pada bulan Juni 2009. Besar sampel penelitian adalah 32 calon pengantin di Kecamatan Tongas yang telah memenuhi persyaratan. Masing-masing variabel yang diteliti diuji dengan menggunakan regresi linier untuk mengetahui pengaruh antara konsumsi zat gizi terhadap kadar Hb.

Hasil penelitian menunjukkan bahwa sebagian besar calon pengantin wanita berumur >18 tahun (65,6%). Tingkat pendidikan terbanyak tamat SMP (34,4%) dengan tingkat pengetahuan tentang anemia tergolong kurang (68,8%). Sebagian besar tidak mempunyai pendapatan (75%). Nilai rata-rata kadar Hb adalah 12,3 g/dl dengan standart deviasi 1,3 dan prevalensi anemia sebesar 34 % dan tergolong anemia ringan. Tingkat konsumsi besi tergolong defisit (100%) dan tingkat konsumsi seng tergolong defisit (78,1%), kurang (15,6%), dan sedang (6,3%). Hasil analisis statistik menunjukkan tidak ada pengaruh antara konsumsi zat besi ataupun konsumsi seng dengan kadar Hb pada calon pengantin wanita ($p = 0,434$ dan $p = 0,728$).

Kesimpulan penelitian adalah tingkat konsumsi zat besi dan seng tidak berpengaruh terhadap kadar Hb, karena sumber zat besi dan seng yang paling banyak dikonsumsi adalah dari pangan nabati yg sulit diserap oleh tubuh. Namun intake makanan bergizi terutama sumber zat besi ke dalam tubuh harus diperhatikan agar dapat mencegah terjadinya anemia.

Kata kunci : anemia, kadar Hb, zat besi, seng