

# Hubungan volume asupan cairan dan jumlah asupan serat makanan dengan gejala konstipasi pada ibu hamil = The Association between fluid and dietary fiber intake with constipation symptoms in pregnancy

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## Abstrak

Latar Belakang : Prevalensi konstipasi pada ibu hamil berkisar 10-40%. Perubahan hormon dan mekanik selama masa kehamilan berpengaruh terhadap saluran cerna. Menurunnya gerakan peristaltik menyebabkan absorpsi cairan di usus besar meningkat sehingga konsistensi feses menjadi semakin padat yang pada akhirnya dapat menimbulkan gejala konstipasi. Hidrasi yang cukup dapat memperbaiki konsistensi feses. Sedangkan konsumsi serat makanan diketahui mampu meningkatkan massa feses sehingga meningkatkan motilitas usus dan memperpendek waktu transit di usus besar.

Tujuan : Mengetahui hubungan asupan volume cairan dan jumlah asupan serat makanan dengan gejala konstipasi pada ibu hamil.

Metode : Penelitian epidemiologis dengan disain potong lintang. Sebanyak 99 subjek yang memenuhi kriteria inklusi dilakukan wawancara, pemeriksaan antropometri, pemeriksaan fisik dan USG. Dilakukan pencatatan minum selama 7 hari, dilanjutkan wawancara food recall 24 jam. Penelitian dilaksanakan di Puskesmas Kecamatan Cempaka Putih pada bulan Maret 2014.

Hasil: Insiden gejala konstipasi pada ibu hamil sebesar 43%. Rerata volume asupan cairan ibu hamil per hari pada penelitian ini adalah 2683+682 ml, sementara median jumlah asupan serat makanan per hari adalah 9,1 (2,9 , 31,4) gram. Terdapat hubungan antara volume asupan cairan dengan gejala konstipasi pada ibu hamil ( $p = 0,008$ ). Tidak terdapat hubungan bermakna antara jumlah asupan serat makanan dengan gejala konstipasi pada ibu hamil ( $p = 0,594$ ). Volume asupan cairan  $<2600$  ml/hari berisiko mengalami gejala konstipasi (RO 3,077; IK 95% : 1,33 , 7,119). Jumlah asupan serat  $<12,6$  gram/hari berisiko mengalami gejala konstipasi (RO 1,28; IK 95% : 0,515-3,182).

Kesimpulan: Volume asupan cairan berhubungan dengan keluhan konstipasi pada ibu hamil, namun tidak ada hubungan bermakna antara jumlah asupan serat makanan dengan keluhan konstipasi pada ibu hamil.

<hr>Background: Constipation in the pregnancy ranges about 10-40%. Hormonal and mechanical changes during pregnancy influence the gastrointestinal tract. The decline in peristaltic increase the fluid absorption in the large intestine which makes more solid fecal mass. Sufficient hydration can improve the consistency of feces and dietary fiber known to increase the fecal mass which will improve bowel movements and shortening the transit time in the large intestine.

Objectives: Knowing association of fluid and dietary fiber intake with constipation symptoms in pregnancy.

Methods: This is an epidemiologic cross sectional study, taking place in Puskesmas Kecamatan Cempaka

Putih on March 2014. Among 99 subjects who met the inclusion criteria were conducted interviews, antrophometric, physical and ultrasound examination. Seven days consecutive daily fluid intake were recorded, then the 24 hour dietary recall was held to each subject.

**Result:** The incidens of constipation symptoms in pregnancy ranges 43%. The rates of daily fluid intake volume of pregnant women in this study was 2683+682 ml, and the median of daily dietary fiber intake was 9,1 (2,9 , 31,4) grams. There was association between fluid intake volume with constipation symptoms (p value 0,008) but there was no association between dietary fiber intake with constipation symptoms (p value 0,594). Fluid intake volume lower than 2600 ml/day and dietary fiber intake lower than 12,6 gram/day were having increasing risk for constipation symptoms (OR 3,077; CI 95% : 1,33 , 7,119 and OR 1,28; 95% CI : 0,515 , 3,182, respectively).

**Conclusion:** There was association between fluid intake volume and constipation symptoms, but there was no association between fiber intake and constipation symptoms in pregnancy. Nevertheless there are higher odds ratio in the pregnant women with lower fluid intake volume or dietary fiber to get constipation symptoms.