Hubungan antara asupan protein, seng, dan kadar seng serum ibu hamil dengan berat badan lahir bayi = The relationship between maternal intake of protein zinc, zinc, serum and birth weight

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Abstrak

Salah satu faktor yang menentukan BB lahir bayi adalah asupan nutrisi ibu yang adekuat. Beberapa nutrien diketahui memiliki efek terhadap BB lahir bayi di antaranya adalah protein dan seng. Desain penelitian ini adalah cross-sectional dan dilakukan di 10 puskesmas kecamatan di Jakarta Timur sejak Februari hingga April 2015 dengan subjek ibu hamil berusia 19–44 tahun dengan usia kehamilan 32–37 minggu.
Data asupan protein didapatkan dengan metode 24-hour recall, sedangkan asupan seng dengan metode Semi Quantitative Food Frequency Questionnaire dan 24-hour recall. Pengambilan darah dilakukan sebelum ibu melahirkan dan diperiksa dengan metode Atomic Absorption Spectrophotometry. Berat badan lahir bayi diukur segera setelah bayi lahir. Sebanyak 116 subjek mengikuti penelitian hingga akhir.
Analisis statistik menunjukkan tidak terdapat korelasi antara asupan protein dengan kadar seng serum (r = 0,042, p = 0,653), tidak terdapat korelasi antara asupan seng dengan kadar seng serum (r = 0,155, p = 0,096), tidak terdapat korelasi antara asupan seng dengan BB lahir bayi (r = - 0,09, p = 0,303), dan tidak terdapat korelasi antara kadar seng serum dengan BB lahir bayi (r = -0,116, p = 0,215). Penelitian ini belum berhasil menemukan hubungan antara asupan protein, seng, dan kadar seng serum dengan BB lahir bayi.
.....One of the factors affecting birth weight is mother’s adequate nutrient intake. Several nutrients are known to its effect to birth weight, which among them are protein and zinc. A cross-sectional study was conducted in 10 district public health centres in East Jakarta since Februari until April 2015. Subjects of the study were pregnant mothers aged 19–44 years old whose gestational age between 32–37 weeks.
Protein intake was computed based on 24-hour recall method, while zinc intake was computed based on Semi Quantitative Food Frequency Questionnaire and 24-hour recall method. Blood specimens were collected before giving birth and being assesed by Atomic Absorption Spectrophotometry method. Birth weight was measured soon after the baby was born. One hundred and sixteen subjects followed the study until the end.
Statistical analysis showed there were no correlation between protein intake and maternal zinc serum (r = 0,042, p = 0,653), no correlation between zinc intake and maternal zinc serum (r = 0,155, p = 0,096), no correlation between zinc intake and birth weight (r = -0,09, p = 0,303), and no correlation between maternal zinc serum and birth weight (r = - 0,116, p = 0,215). This study has not been able to prove any relationship between maternal intake of protein, zinc, zinc serum and birth weight.