

Kadar vitamin c dan malondialdehida serum pada kehamilan preeklampsia dibandingkan dengan kehamilan non preeklampsia = Vitamin c and malondialdehyde serum level in preeclampsia compared to non preeclampsia

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Abstrak

Preeklampsia merupakan gangguan kehamilan, timbul setelah minggu ke-20 kehamilan, dan merupakan penyebab yang dapat membahayakan kehidupan ibu dan janin yang dikandungnya. Penelitian ini bertujuan membandingkan kadar vitamin C dan MDA serum pada perempuan hamil dengan preeklampsia dan nonpreeklampsia, berusia 18 tahun. Studi potong lintang komparatif ini dilakukan bulan Maret Juli 2015 di RS Tarakan, Jakarta Pusat. Metode consecutive sampling digunakan untuk mendapatkan 52 subjek penelitian kelompok preeklampsia dan non-preeklampsia. Data sosio-demografi, riwayat obstetrik, asupan vitamin C secara semi-quantitative FFQ diperoleh melalui wawancara langsung dengan subjek penelitian. Dilakukan penentuan status gizi berdasarkan pengukuran LiLA, IMT sebelum dan kenaikan berat badan selama kehamilan, kadar vitamin C dan MDA serum dengan metode spektrofotometri. Tingkat pendidikan, paritas, usia kehamilan, LiLA dan perubahan berat badan selama kehamilan tidak berbeda pada kedua kelompok. Perbedaan bermakna didapatkan pada usia ibu hamil, asupan vitamin C, kadar vitamin C dan MDA serum antara kedua kelompok. Wanita hamil seharusnya mengonsumsi vitamin C yang cukup sebelum dan selama kehamilan. Studi kasus-kontrol diperlukan untuk menindaklanjuti penelitian ini.

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Preeclampsia is a pregnancy disorder, occurs after 20th week of pregnancy. It's the cause of unfavourable pregnancy results for mother and her offspring. This study aimed to investigate serum vitamin C and MDA concentrations among preeclamptic and non-preeclamptic pregnant women, of 18 years age. This comparative cross sectional study was conducted between March July 2015 in Tarakan Hospital, Central Jakarta. Consecutive sampling method was used to obtain 52 subjects of preeclampsia and non-preeclampsia groups. Data on sociodemographic, obstetric history, vitamin C intake using semi-quantitative FFQ were obtained by interviewing the subjects. Nutritional status on MUAC, BMI before and weight increment during pregnancy, serum vitamin C and MDA concentrations using spectrophotometric methods, were assessed. No differences on education, parity, gestational age, MUAC and weight increment during pregnancy were observed between the two groups. However, there were significant differences on women's age, vitamin C intake, serum vitamin C and MDA concentrations between the two groups. Women should consume sufficient vitamin C intake before and during pregnancy. A case-control study is proposed.