

## Pengaruh Pemberian Zat Besi dan Asam Folat Dibandingkan dengan Multivitamin dan Mineral pada Pekerja Wanita Usia Subur di Agroindustri Nanas / Yaktiworo Indriani, Ali Khomsan, Dadang Sukandar, Hadi Riyadi, Reni Zuraida

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### Abstrak

Pekerja wanita usia subur (WUS) sebagai sumber daya manusia utama di banyak industri, rawan terkena anemia. Penelitian ini bertujuan untuk meningkatkan status besi pekerja WUS yang anemia atau memiliki hemoglobin (Hb) rendah, yang bekerja di perusahaan pengalangan nanas dengan melakukan suplementasi zat besi. Penelitian ini dilakukan dua periode, menggunakan rancangan acak lengkap buta ganda. Subyek penelitian adalah pekerja WUS yang dibagi menjadi dua grup perlakuan suplemen, yakni grup-BF yang diberi zat besi dan asam folat dan grup-MVM yang diberi multivitamin dan mineral yang mengandung 15 macam vitamin dan mineral termasuk zat besi dan asam folat. Subyek penelitian pada periode-1 sebanyak 25 pekerja WUS sudah menikah (BF=13; MVM=12) dan periode-2 sebanyak 15 pekerja WUS belum menikah (BF=7; MVM=8). Suplementasi dilakukan tiga kali per minggu selama 10 minggu dengan pengawasan. Sesudah suplementasi tingkat Hb, hematokrit (Ht) dan serum feritin grup BF meningkat, sedangkan pada grup MVM ada yang menurun. Peningkatan Hb dan Ht pada yang sudah menikah lebih tinggi dibandingkan yang belum menikah. Namun, Hb tersebut turun saat suplementasi dilanjutkan tanpa pengawasan dan semakin turun saat tidak lagi diberi suplemen. Pemberian suplemen yang mengandung zat besi menjadi keharusan bagi pekerja WUS, karena mereka tidak mampu meningkatkan Hb-nya jika hanya mengandalkan dari makanan.

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The Supplementation Effects of Iron and Folic Acid Compared with the Multivitamin and Mineral on Female Workers of Childbearing Age in the Pineapple Agribusiness. Female workers of childbearing age (WUS) as a major of human resources in many agribusiness exposed to anemia. This study aims to improve the iron status of anemic WUS workers with low hemoglobin (Hb) levels, who work in a pineapple agribusiness by iron supplementation. This study was conducted two periods, using a double-blind randomized trial design. Subjects were divided into two treatment groups supplements, namely IF that was given iron + folic acid and MVM that was given multi vitamin and mineral containing 15 different vitamins and minerals including iron and folic acid. The subjects of period-1 were 25 married WUS (IF=13, MVM=12) and of period-2 were 15 single WUS (BF=7, MVM=8). Supplementation performed three times weekly for 10 weeks. After supplementation, the levels of Hb, haematocrit (Hc) and serum ferritin of BFgroup increased, whereas there were declines in MVM-group. The increase in Hb and Hc in married WUS was higher than the single. However, their Hb was fallen down when supplementation was continued without supervision and getting down when not given the supplements anymore. Supplementation with iron is a must for WUS workers, because they are not able to increase their Hb if only rely on their food.