

## Status folat anak sekolah dasar pekayon 01 dan faktor yang berhubungan di kecamatan Cibubur Jakarta Timur tahun 1999

Luciana Budianti Susanto, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20461236&lokasi=lokal>

---

### Abstrak

**ABSTRAK**

**Tujuan**: untuk mendapatkan status folat anak usia sekolah dan faktor yang berhubungan.

**Tempat** : Sekolah Dasar Pekayon 01, Kecamatan Cibubur Jakarta Timur

**Bahan** dan cara : disain penelitian ini cross sectional, dengan subyek 92 orang murid kelas III, IV dan V dari SD yang dipilih secara purposif. Data yang dikumpulkan meliputi data umum subyek, status gizi, asupan makan dan pemeriksaan laboratorium serta data responden/ibu subyek.

**Hasil**: prevalensi anemia sebanyak 17,4%, tidak didapatkan subyek dengan makroovalosit dan hipersegmentasi neutrofil. Status folat plasma 97,8% subyek normal dan termasuk kategori perbatasan 2,2%. Dengan menggunakan food frequency amount, didapatkan 48,9% subyek mempunyai asupan folat kurang. Pola makan tergolong kurang pada 22,8% subyek, dan asupan energi termasuk kategori kurang pada 81,5% subyek. Proporsi karbohidrat, protein dan lemak terhadap energi belum sesuai dengan anjuran diet seimbang berdasarkan Depkes. Status gizi subyek berdasarkan kriteria BB/U, TB/U dan BB/TB masing-masing 7,6%, 7,6% dan 6,6% tergolong kurang. Stunting didapatkan pada 12% subyek. Tidak didapatkan hubungan bermakna antara variabel-variabel yang diteliti.

**Kesimpulan**: prevalensi anemia sebanyak 17,4%. Pada subyek penelitian tidak didapatkan defisiensi folat. Asupan folat di bawah AKG terdapat pada 48,9% subyek. Untuk mengetahui penyebab anemia perlu dilakukan penelitian lebih lanjut.

**Kata kunci**: anak usia sekolah, anemia, folat

**Pembimbing**:

1. Dr. Hj. Savitri Sayogo, SpGz.

2. Dr. Riadi Wirawan, SpPK(K).

---

**ABSTRACT**

**Objective**: to determine folate status of school-age children and related factors.

**Place**: Pekayon 01 Primary School, Cibubur Distric, East Jakarta

**Materials and method** : design study is a cross sectional. Ninety two students of grade III, IV and V of primary school were selected using purposive technical sampling. The data collected from subjects were general data, nutritional status, dietary intake, laboratory assessment and data of respondents (mothers of subjects).

**Results**

anemia was found in 17.4% subjects. Neither subject with macroovalocyte nor neutrophils hypersegmentation were found. The plasma folate status of 97.8% subjects were normal, while 2.2% subjects were classified as borderline. Using food frequency amount method, 48.9% subjects had low folate intake. Food pattern showed low in 22.8% subjects and energy intake was found low in 81.5% subjects. The proportion of energy from carbohydrate, protein, and fat to total energy intake was inappropriate compare to well-balanced diet suggested by The Ministry of Health RI. Nutritional status based on index weight for age, height for age and weight for height were identified as low in 7.6%, 7.6%, and 6.6% subjects as low. Stunted was found in 12% subjects. No significant relationship was found within variables.

**Conclusion**

anemia was found in 17.4% subjects. There was no subjects showed folate deficiency, however, folate intake of 48.9% subjects was below the RDA. Further study is necessary to investigate the cause of anemia.

**Key words**

: school-age children, anemia, folate

**Advisors:**

1. Dr. Hj. Savitri Sayogo, SpGz.

2. Dr. Riadi Wirawan, SpPK(K).