

Rendahnya asupan vitamin B berhubungan dengan gejala gangguan mental emosional pada perawat = Low consumption of B-vitamins is associated with emotional mental disorders among nurses

Marwan Sofyan, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920556117&lokasi=lokal>

Abstrak

Tenaga kesehatan khususnya perawat memiliki risiko lebih tinggi mengalami gangguan mental emosional dibanding populasi umum dan bisa berdampak pada kualitas pelayanan dan keselamatan pasien. Vitamin B memiliki peranan penting pada kondisi mood dan mental seseorang. Tujuan penelitian ini untuk menilai hubungan asupan vitamin B1, B6, B9, B12 dan faktor lainnya terhadap gejala gangguan mental emosional pada perawat. Penelitian dilakukan di sebuah instansi rumah sakit tipe C dengan subjek penelitian 80 perawat dengan metode cross sectional. Penelitian dilakukan dengan menggunakan kuesioner Self Reporting Questionnaire 20 (SRQ-20), Expanded Nursing Stress Scale (ENSS), dan Food Frequency Questionnaire (FFQ) semikuantitatif. Dilakukan analisa bivariat dan multivariat untuk menilai hubungan asupan vitamin B dan faktor risiko lainnya terhadap gangguan mental emosional. Data kemudian dikumpulkan dan diolah dengan program SPSS versi 20. Prevalensi gangguan mental emosional pada perawat di rumah sakit ini didapatkan sebesar 22,5 %. Persentase perawat yang sudah mencukupi kebutuhan vitamin B1, B6, B9, dan B12 adalah sebesar 28,8%, 72,5%, 15%, dan 56,3%. Berdasarkan analisa multivariat didapatkan terdapat hubungan yang signifikan antara asupan vitamin B6 ($p < 0,001$, OR=20,06) dan B12 ($p = 0,029$, OR=4,49) dengan gangguan mental emosional. Asupan vitamin B memiliki hubungan bermakna dengan kejadian gangguan mental emosional dimana gangguan mental emosional memiliki kemungkinan lebih besar terjadi pada perawat dengan asupan vitamin B6 dan B12 yang kurang dibandingkan dengan asupan vitamin yang adekuat.

.....Health workers, especially nurses, have a higher risk of experiencing mental and emotional disorders than the general population and can have an impact on the quality of care and patient safety. The B vitamins have an important role in a person's mood and mental condition. The purpose of this study was to examine the relationship between intake of vitamins B1, B6, B9, B12 and other factors on the symptoms of emotional mental disorders in nurses. The research was conducted in a type C hospital institution with 80 nurses as research subjects with cross sectional method. The study using the SRQ-20, ENSS, and semi-quantitative FFQ. Bivariate and multivariate analyzes were performed to assess the relationship between the vitamin B intake and other risk factors to emotional mental disorders. The data were then collected and processed using the SPSS version 20. The prevalence of emotional mental disorders in nurses at this hospital was 22,5%. The percentage of nurses who have adequate needs for vitamin B1, B6, B9, and B12 is 28,8%, 72,5%, 15%, and 56,3%. Based on multivariate analysis, there was a significant relationship between vitamin B6 intake ($p < 0,001$, OR=20,06) and B12 ($p = 0,029$, OR=4,49) with emotional mental disorders. Vitamin B intake has a significant relationship with the prevalence of emotional mental disorders where emotional mental disorders are more likely to occur in nurses with less intake of vitamins B6 and B12 than those with an adequate vitamin intake.