

HUBUNGAN DIET VEGETARIAN DENGAN PROFIL FE SERUM, ASUPAN ZAT BESI, DAN STATUS GIZI PADA KOMUNITAS VEGETARIAN DI PUSDIKLAT BUDDHIS MAITREYAWIRA TAHUN 2019

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Abstrak

Tujuan penelitian ini adalah untuk mengetahui pengaruh dari diet vegetarian terhadap asupan zat besi dan serum besi pada komunitas vegetarian di Pusdiklat Buddhis Maitreyawira. Rancangan penelitian *cross sectional* dengan jumlah responden 60 orang yang dipilih menggunakan metode *simple random sampling* dari komunitas vegetarian. Usia, jenis vegetarian, alasan vegetarian, durasi menjadi vegetarian, pengetahuan diperoleh melalui kuesioner, data pola asupan zat besi diperoleh dengan FFQ dan *food recall*, dan untuk data serum besi diperoleh dengan pengambilan darah. Data dianalisis secara Univariat dan Bivariat dengan uji *Chi square*. Hasil penelitian menunjukkan ada hubungan antara jenis vegetarian dengan serum besi ($p = 0,032$), serta tidak ada hubungan antara jenis vegetarian dengan *recall* ($p = 1$) dan tidak terdapat perbedaan antara jenis vegetarian dengan status gizi ($p = 0,128$). Diharapkan bagi vegetarian memperhatikan pola makan dengan baik sehingga tidak mengalami defisiensi serum besi dan memiliki status gizi normal.

Kata Kunci : Vegetarian, Serum Besi, Asupan Besi, Status Gizi

THE CORRELATION OF VEGETARIAN DIETS ON PROFILE OF FE SERUM LEVELS, INTAKE FE, AND NUTRITIONAL STATUS IN VEGETARIAN COMMUNITIES IN PUSDIKLAT BUDDHIS MAITREYAWIRA IN 2019

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Abstract

The aim of this study was to determine to the correlation of vegetarian diet on iron intake and iron serum in the vegetarian community at the Maitreyawira Buddhist Training Center. The design of this study was cross sectional. 60 respondents were chosen by simple random sampling from vegetarian community. Age, type of vegetarianism, reasons for vegetarianism, duration of being vegetarian and knowledge were obtained by structured questionnaires, Fe intake was obtained with Food Frequency Questionnaire sheet and food recall, serum iron data obtained by drawing blood. Data were analyzed by Univariate and Bivariate Chi square test. The results showed that there was a correlation between type of vegetarian and serum iron ($p = 0.032$), there was no correlation between consumption of iron intake based on recall ($p = 1$) and also no correlation between type of vegetarian and BMI ($p=0,128$). It is expected for vegetarian community to be able to regulate their diet so they won't experience serum iron deficiency.

Keyword : Vegetarian, Serum Iron, Consumption of Iron Iintake, Nutritional Status