

HUBUNGAN ASUPAN VITAMIN B12, ASAM FOLAT, DAN ZINC DENGAN TINGKAT DEPRESI PADA PENYINTAS GANGGUAN BIPOLAR TIPE II DI KOMUNITAS BIPOLAR CARE INDONESIA

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Abstrak

Gangguan bipolar merupakan gangguan kejiwaan yang memiliki beberapa karakteristik yaitu berupa episode depresi, manik atau hipomanik, dan episode campuran. Gangguan bipolar tipe II ditandai dengan adanya episode hipomanik dan episode depresi. Pada tahun 2017, Indonesia memiliki prevalensi bipolar yang cukup tinggi yaitu sebesar 2%. Penelitian ini bertujuan untuk menganalisis hubungan asupan vitamin B12, asam folat, dan zinc dengan tingkat depresi pada penyintas gangguan bipolar tipe II di Komunitas Bipolar Care Indonesia. Penelitian ini bersifat observasional dengan pendekatan cross-sectional. Jumlah responden dalam penelitian ini sebanyak 42 sampel. Responden dipilih dengan teknik Consecutive Sampling. Data diambil dengan pengisian kuesioner *Patient Health Questionnaire-9* (PHQ-9) dan *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ) melalui wawancara via daring. Hasil analisis Chi-Square menunjukkan adanya hubungan antara asupan vitamin B12 dan asam folat dengan tingkat depresi (p value = 0,000 dan 0,002). Namun, tidak terdapat hubungan antara asupan zinc dengan tingkat depresi (p value = 0,530). Untuk menjaga kondisi kesehatan jiwa disarankan untuk lebih menjaga asupan makanan terutama sumber vitamin B12, asam folat, dan zinc.

Kata Kunci : Gangguan Bipolar Tipe II, Tingkat Depresi, Asupan Vitamin B12, Asupan Asam Folat, Asupan Zinc

THE CORRELATION OF VITAMIN B12, FOLIC ACID, AND ZINC INTAKE WITH DEPRESSION LEVEL IN BIPOLAR DISORDER TYPE II SUBJECTS AT BIPOLAR CARE INDONESIA COMMUNITY

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Abstract

Bipolar Disorder is a type of psychiatric disorder that has several characteristics, there are depression episode, manic or hypomanic episode, and mixture episode. Bipolar Disorder Type II itself is indicated by hypomanic episode and depression episode. Indonesia claimed 2% for a high of Bipolar prevalence in 2017. This research intends to analyze the correlation of vitamin B12, folic acid, and zinc intake with depression level in Bipolar Disorder type II subjects at Bipolar Care Indonesia community. This research is observational by cross-sectional approach. The total of respondent in this research is 42 samples. The respondents are chosen by Consecutive Sampling technique. The data are taken by filling out the questionnaire *Patient Health Questionnaire-9* (PHQ-9) and *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ) through online interview. Chi-Square analysis outcome states that, there is correlation between vitamin B12 and folic acid intake with depression level (p value = 0,000 and 0,002). However, it is not found the correlation between zinc intake with depression level (p value = 0,530). It is recommended to maintain the sanity by consuming the food intake that contain vitamin B12, folic acid, and zinc.

Keywords : Bipolar Disorder Type II, Depression Level, Vitamin B12 Intake, Folic Acid Intake, Zinc Intake