

Pemberian minuman formula kacang merah, kacang tanah, dan kacang kedelai terhadap status gizi ibu hamil kurang energi kronis (KEK)¹

The influence of red beans, peanuts, and soybeans drink formula towards the nutritional status of pregnant women with chronic energy deficiency (CED)

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ABSTRACT

Background: The prevalence of malnutrition in pregnant women DIY reached 22.69%, while at Sleman amounted to 11.72%. The study has been developed drinks formula derived from beans that contain the nutrient according to the needs of pregnant women. **Objective:** This study aimed to analyze the influence of red beans, peanuts and soybeans drink formula against the nutritional status of pregnant women. **Method:** The study design is randomized controlled trial (RCT). The inclusion criteria are pregnant women with chronic energy deficiency and gestational age between 14-28 weeks. The research locations in 8 health centers in Sleman with total sample of 84 people. Data obtained by measuring LILA and pregnant women weight before and after being given a drink formula. Data analysis using Chi-Square, paired t-test and Wilcoxon. **Results:** There was differences between the increase of weight and LILA pregnant women in the treatment group was higher than controls ($p < 0.005$). Increase of BB and LILA on the three groups there is a difference ($p < 0.001$). Based on measurements of nutritional status of pregnant women showed that significant effect giving peanuts formula compared to red beans and soybean formula that does not significantly ($p < 0.001$). Groups of pregnant women who get peanuts formula showed increased protein intake above the standard of 67 g and a total energy of 2260 calorie. **Conclusion:** Nutritional status of pregnant women who get the peanut formula higher than by red beans, soybeans, and formula for pregnant women. Pregnant women who received peanuts formula have higher energy and protein intake than the other formulas.

KEYWORDS: drinks formula; nutritional status; peanuts; pregnant women; red beans; soybeans

ABSTRAK

Latar belakang: Prevalensi ibu hamil yang mengalami Kurang Energi Kronik (KEK) di Daerah Istimewa Yogyakarta (DIY) mencapai 22,69% sedangkan di Kabupaten Sleman sebesar 11,72%. Diduga minuman yang berasal dari sumber nabati kacang-kacangan dapat meningkatkan status gizi ibu hamil KEK. **Tujuan:** Mengetahui pengaruh pemberian minuman formula kacang merah, kacang tanah, dan kacang kedelai terhadap status gizi ibu hamil. **Metode:** Penelitian dengan rancangan *open labeled randomized controlled trial* (RCT) di wilayah Kabupaten Sleman pada bulan Januari-Maret 2016. Subjek yaitu ibu hamil gizi kurang dengan usia kehamilan 14-28 minggu yang memenuhi kriteria inklusi dan eksklusi sebanyak 84 ibu hamil. Pengukuran lingkaran lengan atas (LILA) dan indeks massa tubuh (IMT) ibu hamil dilakukan sebelum dan setelah diberikan minuman formula. **Hasil:** Tidak terdapat perbedaan IMT antara kelompok perlakuan dan kontrol sebelum dan setelah intervensi. Terdapat peningkatan berat badan (BB) dan LILA ibu hamil antarkelompok dan peningkatan kelompok perlakuan lebih tinggi dibandingkan kontrol ($p < 0,005$). Kelompok formula kacang tanah memiliki peningkatan status gizi lebih tinggi dibandingkan kelompok lainnya. Kelompok formula kacang tanah juga menunjukkan peningkatan asupan protein dan energi di atas angka kecukupan dibandingkan kelompok lain. **Simpulan:** Status gizi ibu hamil yang mendapatkan formula kacang tanah lebih tinggi dibandingkan pemberian kacang merah, kacang kedelai, dan susu formula ibu hamil. Asupan energi dan protein lebih tinggi pada ibu hamil yang mendapatkan formula kacang tanah.

KATA KUNCI: minuman formula; status gizi; kacang tanah; ibu hamil; kacang merah; kacang kedelai

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