

**ASUPAN VITAMIN B₆ DAN KEJADIAN MUAL MUNTAH
PADA IBU HAMIL TRIMESTER PERTAMA**

Artikel Penelitian

Disusun sebagai salah satu syarat untuk menyelesaikan
studi pada Progran Studi Ilmu Gizi Fakultas Kedokteran
Universitas Diponegoro



Disusun oleh :

ROUDLOTUL JANNAH

G2COO4272

**PROGRAM STUDI ILMU GIZI FAKULTAS KEDOKTERAN
UNIVERSITAS DIPONEGORO**

SEMARANG

2008

Vitamin B₆ Intake and Nausea Vomiting Occurrence in First Trimester of Pregnancy

Roudlotul Jannah* Siti Fatimah Muis*

Abstract

Background: Nausea vomiting is usually happened in the first trimester of pregnancy causing low appetite, which will cause inadequate nutrient intake. Several studies have shown that vitamin B₆ can reduce nausea occurrence and vomiting frequency in first trimester of pregnancy. The objective of this study was to analyze the association between vitamin B₆ intake, nausea occurrence and vomiting frequency in first trimester of pregnancy.

Method: A cross-sectional study was conducted in District of Kaliwungu, Sub-Province of Kudus. Thirty five subjects were chosen using consecutive sampling method. Data of vitamin B₆ intake was obtained from 2 X 24 hours recall. Data of nausea and vomiting were obtained from 7 consecutive days. Fisher's exact and rank-Spearman were used in data analyzes.

Result: Six subjects (17,1%) did not complain anything, while 6 subjects (17,1%) had nausea, and 23 subjects (65,7%) had nausea vomiting. Five mothers (83,3%) only experience nausea in the morning/afternoon/evening and 9 mothers (39,1%) experience nausea in whole day. The average of vomiting frequency was $11,7 \pm 9,9$ during 7 day period, with of range 2 – 36 times/week. Some subjects did not experience vomiting everyday. Most of subjects had low vitamin B₆ intake (51,4%) compared to RDA. The range of vitamin B₆ intake among subjects were 0,24-11,16 mg/day. Vitamin B₆ intake were not correlated with nausea occurrence ($p=1,00$) and vomiting frequency ($r = 0,075$; $p = 0,734$).

Conclusion: There is no correlation between vitamin B₆ intake with nausea and vomiting.

Keyword : First trimester of pregnancy, vitamin B₆ intake, nausea, vomiting.

* Nutrition Science Programme, Medical Faculty Diponegoro University Semarang

Asupan Vitamin B₆ dan Kejadian Mual Muntah pada Ibu Hamil Trimester Pertama

Roudlotul Jannah* Siti Fatimah Muis*

Abstrak

Latar belakang: Mual muntah sering terjadi pada ibu hamil trimester pertama, yang menyebabkan keadaan enggan makan sehingga menurunkan asupan zat-zat gizi. Beberapa penelitian menunjukkan bahwa vitamin B₆ dapat menurunkan frekuensi mual muntah pada ibu hamil trimester pertama. Tujuan penelitian ini adalah untuk mengetahui hubungan asupan vitamin B₆ dengan kejadian mual dan frekuensi muntah pada ibu hamil trimester pertama.

Metode: Penelitian *cross-sectional* dilakukan di Kecamatan Kaliwungu Kabupaten Kudus. Tiga puluh lima subjek dipilih dengan cara *consecutive sampling*. Data asupan vitamin B₆ diperoleh melalui *semi-Quantitative Food Frequency* dan *recall 2 X 24 jam*. Data mual dan muntah diperoleh selama 7 hari berturut-turut. Analisis yang digunakan adalah *Fisher's exact* dan *rank-Spearman*.

Hasil: Enam ibu (17,1%) tidak mempunyai keluhan apa-apa, 6 ibu (17,1%) mengeluh mual, dan 23 ibu (65,7%) mengeluh mual muntah. Lima ibu (83,3%) mengalami mual pagi/siang/sore hari saja dan 9 ibu (39,1%) mengalami mual sepanjang hari. Rerata frekuensi muntah adalah $11,7 \pm 9,9$ selama 7 hari dengan frekuensi 2 – 36 x/minggu. Ada beberapa hari di mana subjek tidak muntah sama sekali. Sebagian besar subjek (51,4%) mempunyai asupan vitamin B₆ rendah dibandingkan AKG. Asupan vitamin B₆ subjek berkisar antara 0,24 – 11,16 mg/hari. Asupan vitamin B₆ tidak berhubungan dengan mual ($p=1,00$), dan frekuensi muntah ($r = 0,075$; $p = 0,734$).

Simpulan: Tidak ada hubungan antara asupan vitamin B₆ dengan mual dan muntah.

Kata kunci : Ibu hamil trimester pertama, asupan vitamin B₆, mual, muntah.

* Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro Semarang