

HUBUNGAN MUTU DAN PRAKTIK PENGGUNAAN GARAM DENGAN KADAR
URINARY IODINE EXCRETION PADA ANAK PEREMPUAN USIA SEKOLAH
DASAR DI KERSANA BREBES

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(2007 - Skripsi)

GAKY (Gangguan Akibat Kekurangan Yodium) masih merupakan masalah kesehatan di Indonesia, termasuk di Kecamatan Kersana. Di Kecamatan Kersana, masih banyak terdapat pernikahan di usia muda, sehingga anak perempuan kelas VI SD dipilih sebagai sampel penelitian, karena mempunyai risiko tinggi terjadinya GAKY dan melahirkan anak kretin. Penelitian ini bertujuan mengetahui hubungan antara mutu dan praktik penggunaan garam beryodium dengan kadar *Urinary Iodine Excretion* pada anak perempuan kelas VI SD di Kersana Brebes. Penelitian dengan sampel 45 anak perempuan ini menggunakan metode survei dengan pendekatan *cross sectional*. Data pengetahuan ibu tentang garam beryodium diperoleh dengan metode wawancara menggunakan kuesioner terstruktur. Data praktik diperoleh dengan wawancara menggunakan kuesioner terstruktur dan observasi. Mutu garam yang dikonsumsi responden diuji secara kuantitatif dengan metode titrasi. *Urinary Iodine Excretion* diperiksa dengan metode *Acid Digestion*. Hasil penelitian menunjukkan 53,3% ibu responden memiliki tingkat pengetahuan tentang garam beryodium kurang, 62,2% ibu responden memiliki praktik yang tidak baik dalam penggunaan garam beryodium, 42,2% responden mengkonsumsi garam yang tidak mengandung yodium. Analisis data dilakukan dengan uji *Rank Spearman* karena data distribusi tidak normal dengan tingkat kepercayaan 95%. Ada hubungan pengetahuan ibu responden tentang GAKY dan garam beryodium dengan praktik ibu responden dalam penggunaan garam beryodium ($p=0,696$; $p=0,000$). Tidak ada hubungan antara praktek ibu dalam penggunaan garam beryodium dengan kadar *Urinary Iodine Excretion* anak perempuan usia sekolah dasar ($p=0,274$; $p=0,068$). Tidak ada hubungan antara mutu garam yang dikonsumsi keluarga dengan kadar *Urinary Iodine Excretion* anak perempuan usia sekolah dasar ($p=0,225$; $p=0,187$)

Kata Kunci: *Urinary Iodine Excretion*, anak perempuan, garam beryodium, pengetahuan tentang GAKY, praktek penggunaan garam beryodium

*ASSOCIATION BETWEEN THE QUALITY, PRACTICE OF IODIZED SALT USAGE
AND URINARY IODINE EXCRETION OF THE GIRLS AT ELEMENTARY SCHOOLS IN
KERSANA BREBES*

IDD (Iodine Deficiency Disorders) is one of public health problems in Indonesia, including Kersana Subdistrict, Brebes. In Kersana, teenager marriage is still prevalent. These teenager have higher risk of IDD and may deliver cretin babies. Therefore, girls at year 6 elementary school were chosen as the subject in this study. This study aimed to investigate the association between the quality, practice of iodized salt usage and urinary iodine excretion of the girls. This study used survey method with a cross sectional approach and included 45 girls at elementary schools in Kersana, Brebes. Data on mother's about iodine and IDD were collected by interview using structured questionnaire.

Data on practice of iodized salt usage were collected by interview and observation. The quality of iodized salt was measured by the iodine content of the salt consumed in the family using titration method. Urinary Iodine Excretion was measured by Acid Digestion method. The results showed that 53,3% of the mother's respondents have lack of knowledge about iodized salt and IDD. 62,2% of the mother's respondents had low score of practice in iodized salt usage. 42,2% of the respondents consumed non-iodized salt. Data analysis was conducted by Rang spearman correlation test as UIE data were nor normally distributed. There is a correlation between the mother's knowledge on iodized salt & IDD and the practice of iodized salt usage ($p=0,696;p=0,000$). There was no correlation between mother's practice of iodized salt usage and the Urinary Iodine Excretion of the girls ($p=0,274;p=0,068$). There was no correlation between the quality of iodized salt consumed and the Urinary Iodine Excretion of the gils ($p=0,225;p=0,187$).

Keyword : Urinary Iodine Excretion, girls, iodized salt, knowledge about IDD, price on iodized salt usage