

**PENGARUH SUPLEMENTASI ASAM FOLAT PADA PASIEN MATERNAL  
SELAMA KEHAMILAN TERHADAP BERAT BAYI LAHIR RENDAH DI  
RUMAH SAKIT PANTI RAPIH YOGYAKARTA**

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**Abstract :** *Low Birth Weight (LBW) is one of the factors of mortality and morbidity in infants. The prevalence of LBW in Indonesia in 2010 was quite high at 11.1%. World Health Assembly Resolution said to reduce the prevalence of LBW needed nutrients during antenatal care, one of which is folic acid supplements for  $\geq 400$ mcg during pregnancy. Age, Antenatal Care, history of abortion, and parity level also affects LBW. This study aimed to determine the characteristics of patients and the relationship of maternal age, ANC, history of abortion, parity and folic acid supplementation to LBW. This research was an analytic observational study with cross sectional design. Total sample of this study was 342 medical records. Data were analyzed with the independent t- test and Chi Square or Fisher test. Patients taking appropriate folic acid supplementation (66.37%), low birth weight (90.35%), aged  $\leq 30$  years (59.90%), Housewife (39.77%), Undergraduate (61.11 %), history of abortion  $< 1$  (86.84%), Antenatal Care  $\geq 4$  times (96.49%). Chi Square test results that show the factors of age ( $p = 0.916$ ); ANC ( $p = 1$ ); history of abortion ( $p = 0.932$ ) parity ( $p = 1$ ) and folic acid supplementation ( $p = 0.187$ ) had no effect on LBW. There was no relationship between the age, the ANC, history of abortion and the parity level as well as folic acid supplementation to LBW.*

**Keywords :** *Folic Acid, Maternal Patient, LBW*

**Abstrak :** Berat Bayi Lahir Rendah (BBLR) merupakan faktor mortalitas dan morbiditas pada bayi. Prevalensi BBLR di Indonesia tahun 2010 cukup tinggi yakni 11,1%. *World Health Assembly Resolution* menyebutkan untuk mengurangi prevalensi terjadinya BBLR diperlukan nutrisi selama perawatan antenatal, salah satunya suplemen asam folat sebesar  $\geq 400$ mcg/selama kehamilan. Faktor umur, *Antenatal Care*, riwayat abortus, dan tingkat paritas juga mempengaruhi BBLR. Tujuan penelitian ini adalah untuk mengetahui karakteristik dan hubungan umur, ANC, riwayat abortus, paritas dan suplementasi asam folat terhadap BBLR. Penelitian ini adalah penelitian observasional analitik dengan rancangan *cross sectional*. Total sampel penelitian ini sebanyak 342 rekam medis. Data dianalisis dengan uji *t-test* tidak berpasangan dan Uji *Chi Square* atau *Fisher*. Pasien yang mengkonsumsi suplementasi asam folat sesuai (66,37%), BBLR (90,35%), umur  $\leq 30$  tahun (59,90%), Ibu Rumah Tangga (39,77%), Strata 1 (61,11%), riwayat abortus  $< 1$  (86,84%), *Antenatal Care*  $\geq 4$  kali (96,49%). Hasil uji *Chi Square* yang menunjukkan faktor umur ( $p=0,916$ ); ANC ( $p=1$ ); riwayat abortus ( $p=0,932$ ) paritas ( $p=1$ ) dan suplementasi asam folat ( $p=0,187$ ) tidak berpengaruh terhadap BBLR. Tidak ada hubungan faktor umur, ANC, riwayat abortus dan tingkat paritas serta suplementasi asam folat terhadap BBLR.

**Kata Kunci :** Asam Folat, Pasien Maternal, BBLR

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