

**PENGARUH SUPLEMENTASI ASAM FOLAT PADA PASIEN MATERNAL  
SELAMA KEHAMILAN TERHADAP KELAHIRAN PREMATUR DI RUMAH  
SAKIT PANTI RAPIH YOGYAKARTA**

**Wendy Felix**

Fakultas Farmasi, Universitas Sanata Dharma, Yogyakarta, Indonesia

---

**Abstract:** Prematurity is the leading cause of mortality and morbidity in perinatal and neonatal. The percentage of premature births in Indonesia was 15.5%. World Health Organization recommended to reduce the prevalence of preterm birth is needed nutrition during antenatal care, one of which folic acid supplements (0.4 mg/day during pregnancy). This study aimed to investigate the characteristics, the relationship between the factors of age, antenatal care, history of abortion, parity, and folic acid supplementation in patients with maternal during pregnancy on preterm birth in Panti Rapih Hospital Yogyakarta. This research was an analytic observational with cross sectional design period June 2015 to June 2016. The total sample in this study was 342 medical records. Data were analyzed using the Unpaired t-test, Chi Square and Fisher test. Maternal patients who consumed folic acid supplementation during pregnancy corresponding (66.37%), aged  $\leq 30$  years (59.90%), housewives (39.77%), undergraduate (61.11%), antenatal care  $\geq 4$  times (96.50%), history of abortion  $< 1$  time (86.84%). Factors of age, antenatal care, history of abortion, and parity had no effect on preterm birth ( $p > 0.05$ ). The result of Chi Square showed a relationship between the suitability of the used of folic acid supplementation to premature birth ( $p = 0.009$ , OR = 2.856 (95% CI = 1.335-6.110). Patients maternal who used folic acid supplementation appropriate during pregnancy can reduce the risk of preterm birth.

**Keywords:** preterm birth, folic acid, maternal patient

**Abstrak:** Prematuritas adalah penyebab utama mortalitas dan morbiditas pada perinatal dan neonatal. Persentase kelahiran prematur di Indonesia sebesar 15,5%. World Health Organization menyarankan untuk mengurangi prevalensi kelahiran prematur diperlukan nutrisi selama perawatan antenatal, salah satunya suplemen asam folat (0,4 mg/hari selama kehamilan). Penelitian ini bertujuan untuk mengetahui karakteristik, hubungan faktor umur, antenatal care, riwayat abortus, paritas, dan suplementasi asam folat pada pasien maternal selama kehamilan terhadap kelahiran prematur di Rumah Sakit Panti Rapih Yogyakarta. Penelitian ini merupakan analitik observasional dengan rancangan *cross sectional* periode Juni 2015-Juni 2016. Total sampel dalam penelitian ini sebanyak 342 rekam medis. Data penelitian ini dianalisis menggunakan uji T tidak berpasangan, uji *Chi Square* dan *Fisher*. Pasien maternal yang mengkonsumsi suplementasi asam folat sesuai selama kehamilan (66,37%), berumur  $\leq 30$  tahun (59,90%), ibu rumah tangga (39,77%), Strata 1 (61,11%), antenatal care  $\geq 4$  kali (96,50%), riwayat abortus  $< 1$  kali (86,84%). Faktor umur, antenatal care, riwayat abortus, dan paritas tidak memiliki pengaruh terhadap kelahiran prematur ( $p > 0,05$ ). Hasil *Chi Square* menunjukkan adanya hubungan antara kesesuaian penggunaan suplementasi asam folat terhadap kelahiran prematur ( $p = 0,009$ , OR = 2,856 (95% CI = 1,335-6,110). Pasien maternal yang mengkonsumsi asam folat sesuai selama kehamilan dapat menurunkan risiko kelahiran prematur.

**Kata Kunci :** kelahiran prematur, asam folat, pasien maternal

---