

ABSTRAK

Lukmana, Noveti. 2013. **Hubungan antara Asupan Zat Besi (Fe) dan Penyakit Infeksi terhadap Status Gizi dan Perkembangan Anak dengan Retardasi Mental di Sekolah Dasar luar Biasa C (SDLB-C) Sumber Dharma Malang**. Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) dr. A. Chusnul Chuluq AR, MPH. (2) Laksmi Karunia T, S.Gz.

Prevalensi retardasi mental adalah 1-3% dari jumlah penduduk di Indonesia. Zat besi dan penyakit infeksi dapat mempengaruhi optimalnya status gizi dan perkembangan anak retardasi mental. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan zat besi dan penyakit infeksi terhadap status gizi dan perkembangan anak retardasi mental di SDLB-C Sumber Dharma Malang. Jenis penelitian observasional analitik dan disain *cross sectional*. Sampel 15 responden anak retardasi mental, menggunakan metode *total sampling*. Setiap responden diukur antropometrinya dan dilakukan wawancara pada orangtua responden dengan kuesioner perkembangan dan *Semi-Quantitative Food Frequency Questioner (SQ-FFQ)*. Data dianalisis dengan uji statistik *Spearman* dan *Exact Fisher*. Hasil penelitian menunjukkan responden dengan asupan zat besi <13 mg/hari sebanyak 60% dan 73,3% responden mengalami penyakit infeksi. Uji statistik menunjukkan tidak ada hubungan signifikan baik antara asupan zat besi dan penyakit infeksi dengan status gizi dan perkembangan ($p>0,05$). Kesimpulan dari penelitian ini adalah walaupun tidak ada hubungan namun diperlukan peningkatan asupan zat besi dan penanganan kejadian penyakit infeksi karena prevalensinya yang tinggi. Disarankan adanya peningkatan asupan dan variasi sumber makanan zat besi.

Kata kunci: retardasi mental, zat besi, infeksi, status gizi, perkembangan

ABSTRACT

Lukmana, Noveti. 2013. **The Assosiation between Iron Intake and Infections with The Nutritional Status and Development in Mentally Retarded Children at The School for Disable Students C (SDLB-C) Sumber Dharma Malang**. Final Assignment, Nutrition Departement, Medical Faculty, Brawijaya University. Supervisors: (1) dr. A. Chusnul Chuluq Ar, MPH. (2) Laksmi Karunia T, S.Gz.

The prevalence of mentally retarded is 1-3% in Indonesia's people. Iron and infections may contribute to the nutritional status and development especially in mentally retarded children. The purpose of this study was to determine the assosiation of iron intake and infections with the nutritional status and development in mentally retarded children at the school for disable students C (SDLB-C) Sumber Dharma Malang. This study used an analytical observational research with cross sectional method. Subject were 15 children of mentally retarded, and used total sampling method. The antropometry of each respondent was measured and their parents was interviewed using development questionnaires and Semi-Quantitative Food Frequency Questioner (SQ-FFQ). Data were analyse by Spearman and Exact Fisher test. The result showed 60% respondents consumed iron less than 13mg/day and 73,3% respondents has infection. There was no significant relation between iron consumptions and infections with the nutritional status and development ($p>0,05$). The conclusion is still need enhancement of iron consumption and reduction prevalence of infections even there is no significant relation because of the high prevalence. There is suggestion to increase the consumption and variation of iron source food.

Keywords: mentally retarded, iron, infections, nutritional status, development