

INTISARI

Latar Belakang: Vaginosis Bakterial (VB) merupakan suatu keadaan, dimana terjadi ketidak seimbangan pertumbuhan bakteri pada vagina. Etiologi bakterial vaginosis belum diketahui dengan pasti, namun beberapa faktor risiko diduga berperan dalam kejadian BV antara lain frekuensi hubungan seksual, penggunaan alat kontrasepsi IUD, arah basuh *faecal – urogenital*, pemakaian douching vagina dan defisiensi vitamin A. Defisiensi vitamin A diperkirakan meningkatkan kejadian vaginosis bakterial karena menurunnya integritas epitel.

Tujuan: Tujuan penelitian ini adalah untuk mengetahui hubungan antara defisiensi vitamin A dengan angka kejadian VB.

Metode: Metode dari penelitian ini adalah kasus kontrol. Vaginosis bakterial ditegakkan dengan menggunakan kriteria Amsel. Kadar vitamin A subjek diketahui melalui *Food Frequency Questionnaire (FFQ)*. Nilai *cut off* vitamin A yang digunakan adalah 700mcg (Sizer *et al.*, 2006). Hubungan antara defisiensi vitamin A dan angka kejadian VB ditentukan berdasarkan hasil uji kai-kuadrat dan dianggap bermakna jika $p < 0,05$. Variabel pengganggu dianalisis menggunakan uji kai-kuadrat. Regresi logistik digunakan untuk menentukan variabel yang dominan dan dianggap bermakna jika $p < 0,05$.

Hasil: Subjek penelitian sebanyak 84 orang, 42 orang berada di kelompok kasus, dan 42 orang di kelompok kontrol. Asupan vitamin A minimal adalah 9 mcg dan asupan vitamin A tertinggi adalah 8.253,4 mcg, dengan rata – rata asupan vitamin A adalah $1.614,5 \text{ mcg} \pm 1.234$. Setelah dilakukan uji kai-kuadrat, ditemukan bahwa hubungan defisiensi vitamin A dan angka kejadian VB tidak bermakna secara statistik ($p = 0,578$; $OR=1,364$; $95\% \text{ CI}=0,456-4,081$), namun justru arah basuh vagina yang berhubungan dengan angka kejadian VB pada WUS di Kabupaten Gunungkidul ($p = 0,018$; $OR=3,188$; $95\% \text{ CI}=1,193 – 8,520$).

Kesimpulan: Defisiensi vitamin A tidak berhubungan dengan angka kejadian vaginosis bakterial pada WUS di kabupaten Gunungkidul, namun justru arah basuh vagina yang berhubungan dengan angka kejadian vaginosis bakterial pada WUS di Kabupaten Gunungkidul

Kata kunci:

Vaginosis bakterial, vitamin A

ABSTRACT

Background: Bacterial Vaginosis (BV) is a condition, when there is an imbalance of bacteria in the vagina. The etiology of BV remains unclear, but there are several risk factors thought to play a role in the incidence of BV, such as frequency of sexual intercourse, IUD users, faecal-urogenital wiping direction, vaginal douching and vitamin A deficiency. Vitamin A deficiency may increase the incidence of bacterial vaginosis due to decreased epithelial cell integrity.

Objective: The purpose of this study is to determine the relationship between vitamin A deficiency and the incidence of BV.

Method: The method of this study is case control. Bacterial vaginosis is diagnosed using the Amsel criteria. The subjects' vitamin A levels assessed using Food Frequency Questionnaire (FFQ). The cut-off value of vitamin A is 700 mcg (Sizer *et al.*, 2006). The association between vitamin A deficiency and the incidence of BV is determined based on the chi-square test and is considered significant if its p value <0.05 . The confounding variables were analyzed using the chi-square test. Logistic regression is used to determine the dominant variable and is considered significant if its p value <0.05 .

Results: There were 84 subjects, 42 people were in the case group, and 42 other people in the control group. The lowest vitamin A intake is 9 mcg and the highest vitamin A intake is 8,253.4 mcg. The mean of vitamin A intake was 1,614.5 mcg \pm 1,234. The association between vitamin A deficiency and the incidence of BV was not statistically significant ($p = 0.578$; OR = 1.364; 95% CI = 0.456-4.081), but faecal-urogenital wiping direction was associated with the incidence of BV among women of childbearing age in Gunungkidul ($p = 0.018$; OR = 3.188; 95% CI = 1.193 - 8.520).

Conclusions: The association between vitamin A deficiency and the incidence of BV was not statistically significant, but faecal-urogenital wiping direction was associated with the incidence of BV among women of childbearing age in Gunungkidul ($p = 0.018$; OR = 3.188; 95% CI = 1.193 - 8.520).

Keywords:

Bacterial vaginosis, vitamin A