

INTISARI

Latar Belakang: Vaginosis bakterial (VB) merupakan suatu ketidakseimbangan flora vagina dengan penurunan populasi *Lactobacili* sebagai flora vagina yang dominan dan digantikan oleh bakteri anaerob. Mikronutrisi yang berupa vitamin dan mineral merupakan bagian penting dari sistem imun mukosa dan seluler, termasuk dalam pembentukan immunoglobulin A yang berperan sebagai pertahanan vagina pada kondisi VB. Kurangnya asupan mikronutrisi dalam makanan diperkirakan dapat menyebabkan menurunnya fungsi sistem imun mukosa dan seluler.

Tujuan: Untuk mengetahui hubungan tingkat asupan mikronutrisi dengan kejadian VB

Metode: Penelitian ini dilakukan dengan rancangan kasus kontrol. Diagnosis VB ditegakkan menggunakan kriteria Amsel dan kesesuaian antara dua pemeriksa diuji dengan Cohen Kappa. Informasi asupan mikronutrisi diperoleh dari wawancara menggunakan *Semi Quantitative Food Frequency Questionnaire* (SQ FFQ) dan diukur menggunakan perangkat lunak Nutrisurvey®. Uji bivariat menggunakan *chi-square* (χ^2), dengan kemaknaan $p < 0,05$ untuk mengetahui hubungan antara asupan mikronutrisi dengan kejadian VB. Uji multivariat antara berbagai variabel mikronutrisi dan perancu yang memiliki $p < 0,25$ diuji menggunakan regresi logistik.

Hasil: Populasi subyek memiliki rerata usia 34,53 tahun ($\pm 7,63$) dengan pendidikan terbanyak adalah SMP (35,6%). Analisis bivariat menunjukkan hubungan yang bermakna antara arah basuh vagina fekal-urogenital (OR=2,67; 95%CI: 1,03-6,84, $p = 0,038$) dan asupan zat besi < 8 mg (OR= 2,48; 95%CI: 1,06-5,80, $p = 0,036$) dengan kejadian VB. Analisis multivariat menunjukkan peningkatan *odds ratio* hubungan variabel arah basuh vagina fekal-urogenital (OR= 3,326; 95%CI: 1,205-9,176, $p = 0,020$) dan asupan zat besi < 8 mg (OR=3,32; 95%CI: 1,304-8,468, $p = 0,012$) terhadap kejadian VB.

Kesimpulan: Asupan zat besi < 8 mg dan arah basuh vagina fekal-urogenital (belakang ke depan) berhubungan dengan kejadian VB

Kata kunci: vaginosis bakterial, asupan mikronutrisi

ABSTRACT

Background: Bacterial vaginosis (BV) is an imbalance of vaginal flora with a decrease in the population of Lactobacili as the dominant vaginal flora and is replaced by anaerobic bacteria. Micronutrients, include vitamins and minerals are an important part of the mucosal and cellular immune systems, including in the formation of immunoglobulin A which act as a vaginal defense in BV. Lack of micronutrient intake is thought to cause mucosal and cellular immune system dysfunction.

Objective: To determine the relationship of micronutrient intake with the incidence of BV

Method: This study was conducted with a case control design. The BV diagnosis was made using Amsel's criteria and interrater agreement between two examiners was measured with Cohen Kappa. Information on micronutrient intake was obtained from interviews using the Semi Quantitative Food Frequency Questionnaire (SQ FFQ) and measured using Nutrisurvey® software. Bivariate test used was chi-square (χ^2), with significance $p < 0.05$ to determine the relationship between micronutrient intake and the incidence of BV. Multivariate analysis between various variable with $p < 0,25$ in bivariate analysis was using logistic regression test.

Results: The subject population had an average age of 34.53 years (± 7.63) with the last education level was junior high (35.6%). Bivariate analysis showed a significant relationship between the direction of fecal-urogenital vaginal flushing (OR = 2.67; 95% CI: 1.03-6.84, $p = 0.038$) and iron intake < 8 mg (OR = 2.48; 95% CI: 1.06-5.80, $p = 0.036$) with BV. Multivariate analysis showed an increase in the odds ratio for the relationship of fecal-urogenital vaginal flushing (OR = 3.326; 95% CI: 1.205-9.176, $p = 0.020$) and iron intake < 8 mg (OR = 3.32; 95% CI: 1.304-8.468, $p = 0.012$) with BV.

Conclusion: Iron intake < 8 mg and fecal-urogenital vaginal flush direction (back to front) are associated with BV.

Keywords: bacterial vaginosis, micronutrient intake