

**KADAR HORMON MELATONIN PADA ANAK DENGAN INFANTILE
ANOREXIA USIA 12-36 BULAN DI RSUD PROF. Dr. MARGONO
SOEKARJO**

ABSTRAK

Latar Belakang : *Infantile anorexia* merupakan gangguan makan dengan manifestasi utama berupa hilangnya nafsu makan pada saat masa *infant*. Karakteristik yang khas pada *infantile anorexia* adalah terjadinya penolakan makan secara mencolok, defisiensi pertumbuhan, dan kehilangan nafsu makan yang khas. Diperkirakan 10-50% memiliki gangguan tidur. Hormon yang mengatur mengenai gangguan tidur yaitu melatonin. Hormon melatonin adalah hormon yang secara alami dihasilkan saat gelap (intensitas cahaya berkurang), sehingga saat hormon ini mulai dihasilkan seseorang akan mengantuk dan akhirnya tertidur di malam hari.

Tujuan : Mengetahui rerata kadar hormon melatonin pada anak dengan *infantile anorexia* usia 12-36 bulan di RSUD Prof. Dr. Margono Soekarjo dibandingkan nilai rujukan kadar hormon melatonin.

Metode : Penelitian ini merupakan studi *analitik observasional* dengan pendekatan *cross-sectional*. Subjek penelitian sebanyak 21 anak *infantile anorexia* diambil menggunakan *total sampling*. Data *infantile anorexia* didapatkan dari diagnosis dokter spesialis anak dan kuesioner. Kadar melatonin diukur dengan menggunakan metode ELISA.

Hasil : Hasil analisis bivariat rerata kadar hormon melatonin pada pasien *infantile anorexia* menggunakan uji *one sampel t-test* menunjukkan p value=0,000 ($p < 0,05$). Hal ini menunjukkan bahwa terdapat perbedaan yang signifikan rerata kadar hormon melatonin pada anak dengan *infantile anorexia* dibandingkan nilai rujukan (325 pg/ml).

Kesimpulan : Terdapat perbedaan yang signifikan rerata kadar hormon melatonin pada *infantile anorexia* anak usia 12-36 bulan di RSUD Prof. Dr. Margono Soekarjo.dibandingkan nilai rujukan kadar hormon melatonin.

Kata kunci: Gangguan Tidur, *Infantile Anorexia*, Melatonin

**MELATONIN LEVELS WITH INFANTILE ANOREXIA IN
CHILDREN AGED 12-36 MONTHS IN RSUD PROF DR. MARGONO
SOEKARJO**

ABSTRACT

Background: *Infantile Anorexia is an eating disorder with the main manifestations of loss of appetite during infancy. The characteristics of Infantile Anorexia are food refusal, growth deficiency, and loss of appetite. An estimated 10-15% of children have sleep disorders. The hormone that regulates sleep disorders is melatonin. The melatonin hormone is a hormone that is naturally produced when it's dark (the intensity of the light decreases), so when the hormone begins to be produced in their body so they will get sleepy and eventually fall asleep at night.*

Objective: *To knowing average hormone melatonin levels in children with infantile anorexia aged 12-36 months in RSUD Prof. Dr. Margono Soekarjo compared to the normal level of the hormone melatonin.*

Method: *This study was an observational analytic study with a cross-sectional approach. The subjects of the study were 21 infantile anorexia children who have been taken using total sampling. Infantile anorexia's data were obtained from the doctor's diagnosis and interview. Melatonin levels were measured using an ELISA reader. The relation of melatonin hormone levels was analyzed using a one-sample t-test.*

Results : *The results of the bivariate analysis between levels of the hormone melatonin in infantile anorexia patients using the one-sample t-test showed p value=0,000 ($p < 0.05$). This shows that there was a significant difference in the average level of the melatonin hormone in infantile anorexia compared reference value of of melatonin hormone.*

Conclusion : *There is a significant difference in the average level of the hormone melatonin in infantile anorexia in children aged 12-36 months in Prof. Dr. Margono Soekarjo compared the reference value of melatonin hormone levels.*

Keywords: *Infantile Anorexia, Melatonin, Sleep disorder*