

INTISARI

Anita Nurlina. Nim 3212012. Pengaruh Tablet Fe dan Jus Jambu Biji Merah Terhadap Kadar Hemoglobin Ibu Hamil di Puskesmas Eromoko I.

Jus jambu biji merah sebagai kombinasi pemberian tablet Fe dapat memperbesar penyerapan zat besi oleh tubuh, sehingga tubuh dapat menyerap zat besi secara optimal dan meningkatkan kadar Hb dalam tubuh. Kejadian Anemia ibu hamil di Puskesmas Eromoko I tahun 2020 sebesar 7,34% tetapi pada tahun 2021 terjadi kenaikan kasus anemia pada ibu hamil sebesar 13,8%, dimana target cakupan untuk ibu hamil anemia seharusnya kurang dari 6,7%. penelitian ini bertujuan untuk mengetahui pengaruh tablet Fe dan jus jambu biji merah terhadap kadar hemoglobin ibu hamil di Puskesmas Eromoko I. Penelitian ini bersifat *analitic comparatif* dengan pendekatan *pre-experimental one-group pretest-posttest design*. Subyek penelitian ini adalah 31 ibu hamil yang belum pernah mendapatkan tablet Fe di Puskesmas Eromoko I pada bulan Februari 2022 diambil secara *total sampling*. Waktu penelitian Februaril 2022. Pemeriksaan kadar hemoglobin (Hb) menggunakan alat *Hematology Analyzer*. Analisa data dengan uji t-test sampel berpasangan (*related*) pada tingkat kepercayaan 95% menggunakan bantuan komputer dengan program *Statistical Product and Service Solutions* versi 19. Hasil analisis penelitian menunjukkan nilai signifikansi (*p*) yaitu $0,000 < \alpha = 0,05$. Kesimpulan dari penelitian ini adalah ada pengaruh tablet Fe dan jus jambu biji merah terhadap kadar hemoglobin ibu hamil di Puskesmas Eromoko I.

Kata Kunci: Tablet Fe, Jambu Biji Merah, Kadar Hemoglobin, Ibu Hamil

ABSTRACT

Anita Nurlina. Nim 3212012. The Effect of Fe Tablets and Red Guava Juice on Hemoglobin Levels of Pregnant Women in Eromoko I Health Center.

Red guava juice as a combination of giving Fe tablets can increased iron absorbtion by the body. So that the body can absorbed iron optimally and increase Hb levels in the body. Incidence of anemic in pregnant women at the Eromoko I Health Center in 2020 was 7.34% but in 2021 there was an increase in cases of anemic in pregnant women by 13.8%, where the target coverage for anemic pregnant women should be less than 6.7%. This study aims to determine the effect of Fe tablets and red guava juice on hemoglobin levels of pregnant women at the Eromoko I Health Center. This research was analytical comparative with a pre-experimental one-group pretest-posttest design approach. The subjects of this study were 31 pregnant women who had never received an Fe tablet at the Eromoko I Health Center in February 2022 and were taken by total sampling. Time of study February 2022. Examination of hemoglobin (Hb) levels using a Hematology Analyzer. Analysis of the data with the paired sample t-test (related) at the 95% confidence level using computer assistance with the Statistical Product and Service Solutions version 19 program. The results of the analysis showed a significance value (p) of $0.000 < \alpha = 0.05$. The conclusion was an effect of Fe tablets and red guava juice on hemoglobin levels of pregnant women at the Eromoko I Health Center.

Keywords: Fe Tablets, Red Guava, Hemoglobin Levels, Pregnant Women