

GAMBARAN KADAR HEMOGLOBIN PADA IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS DANUREJAN II

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INTISARI

Latar Belakang : Persentase anemia ibu hamil tahun 2015 di Puskesmas Danurejan II menempati urutan kelima (39,74%) terbesar di Kota Yogyakarta. Untuk mencegah anemia, Pemerintah memberikan Fe kepada ibu hamil. Berdasarkan data Seksi Kesga dan Gizi Dinas Kesehatan Kota Yogyakarta, didapatkan data 2015 jumlah cakupan ibu hamil yang mendapatkan tablet Fe₃ terendah terdapat di Kecamatan Danurejan, di Puskesmas Danurejan II, yaitu 60,58%. Fungsi dari pemeriksaan kadar hemoglobin adalah untuk mengetahui apakah seseorang mengalami kekurangan darah atau tidak, yaitu dengan cara mengukur kadar hemoglobin. Pada kehamilan trimester III terjadi hemodilusi dan dikatakan anemia jika kadar hemoglobin <11 gr/dL. Tablet tambah darah yang dikonsumsi selama hamil berfungsi untuk mencegah anemia.

Tujuan : Untuk mengetahui gambaran kadar hemoglobin ibu hamil trimester III di wilayah kerja Puskesmas Danurejan II berdasarkan usia, gravida, dan ukuran LILA ibu.

Metode Penelitian : Metode penelitian ini adalah survei deskriptif, populasi sebanyak 30 ibu hamil trimester III, teknik pengambilan sampel menggunakan *total sampling*, alat ukur yang digunakan *spektrofotometer* dengan metode *cyanmethemoglobin*.

Hasil : Ibu hamil trimester III yang mengalami anemia ringan terdapat 11 responden (36,7%), anemia sedang 1 responden (3,3%), ibu dengan kadar hemoglobin normal terdapat 18 responden (60,0%).

Kesimpulan : Kadar hemoglobin ibu hamil di wilayah kerja Puskesmas Danurejan II dalam batas normal (60,0%) dan hasil pemeriksaan kadar hemoglobin tidak normal (40,0%).

Kata Kunci : Kadar Hemoglobin, Ibu Hamil, Trimester III

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DESCRIPTION HAEMOGLOBIN LEVELS ON PREGNANT WOMAN TRIMESTER III IN WORKING AREA PUBLIC HEALTH CENTER DANUREJAN II

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ABSTRACT

Background: The percentage of pregnant mothers anemia in 2015 at Danurejan II Public Health Center is ranked fifth (39,74%) biggest in Yogyakarta City. To prevent anemia, the Government gives Fe to pregnant women. Based on data from Health and Nutrition Section of Health Office of Yogyakarta City, data obtained 2015 coverage of pregnant women who get the lowest Fe₃ tablet found in District Danurejan, in Danurejan II Public Health Center, which is 60.58%. The function of examination of hemoglobin level is to know whether a person has a blood deficiency or not, that is by measuring hemoglobin levels. In the third trimester of pregnancy, hemodilution occurs and is said to be anemia if the hemoglobin level is <11 g / dL. Tablets added blood consumed during pregnancy serve to prevent anemia.

Objective: To know the description of hemoglobin level of third trimester pregnant woman in working area Public Health Center Danurejan II based on age, gravida, and mother's the size of the upper arm circumference.

Methods: This research method is descriptive survey, population of 30 trimester pregnant women III, sampling technique using *total sampling*, measuring instrument used *spectrophotometer* with *cyanmethemoglobin* method.

Results: Thrid trimester pregnant women with mild anemia were 11 respondents (36,7%), moderate anemia 1 respondent (3,3%), mother with normal hemoglobin level 18 respondents (60,0%).

Conclusion: The pregnant women's hemoglobin level in the work area of Public Health Center Danurejan II within normal limits (60,0%) and the result of abnormal hemoglobin concentration (40,0%).

Keywords: Hemoglobin Level, Pregnant Mother, Trimester III

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