

PENGARUH PEMBERIAN SARI KURMA TERHADAP PENINGKATAN KADAR HB PADA IBU HAMIL TM III DI KLINIK PRATAMA MITRA BUNDA KOTA BATAM

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INTISARI

Latar Belakang : Berdasarkan World Health Organization (WHO), prevalensi anemia global adalah 29,9% pada wanita usia subur, sama dengan lebih dari setengah miliar wanita berusia 15-49 tahun. Prevalensi 29,6% wanita tidak hamil usia subur, dan 36,5% wanita yang hamil (WHO, 2021). Di Indonesia prevalensi anemia pada ibu hamil menurut SKRT masih relatif tinggi yaitu sebanyak 40,1%.

Tujuan : Mengetahui pengaruh pemberian sari kurma dalam peningkatan kadar hemoglobin pada ibu hamil TM III di Klinik Pratama Mitra Bunda Kota Batam

Metode : Jenis penelitian ini adalah penelitian kuantitatif yaitu dengan *rancangan quasy experiment* dan desain penelitian *pretest posttest with control group*. Populasi dalam penelitian ini adalah seluruh ibu hamil TM III yang mengalami anemia. Teknik sampling yang digunakan adalah *total sampling*. Analisis data yang digunakan adalah *independent sample t-test*.

Hasil : Kadar Hemoglobin dimana pada kelompok intervensi adalah 1,57gr/dl, sedangkan pada kelompok kontrol adalah 0,71gr/dl. Hasil uji independent sample t-test didapatkan p value 0,005 artinya dimana nilai 0,005 lebih kecil dari nilai α 0,05 maka bisa disimpulkan terdapat pengaruh signifikan sari kurma dalam meningkatkan kadar hemoglobin pada ibu hamil TM III di Klinik Pratama Mitra Bunda Kota Batam.

Kesimpulan : Terdapat pengaruh sari kurma dalam meningkatkan kadar hemoglobin pada ibu hamil TM III di Klinik Pratama Mitra Bunda Kota Batam.

Kata Kunci: Anemia, Kadar Hemoglobin, Sari Kurma, Ibu Hamil TM III

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THE EFFECT OF DATE PALM EXTRACT ON INCREASING HB LEVELS IN TM III PREGNANT WOMEN AT THE PRATAMA MITRA BUNDA CLINIC BATAM CITY

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ABSTRACT

Background : According to the WHO, the global prevalence of anemia is 29.9% in women of childbearing age, the same as more than half a billion women aged 15-49 years. The prevalence is 29.6% of non-pregnant women of childbearing age, and 36.5% of pregnant women (WHO, 2021). In Indonesia, prevalence of anemia in pregnant women according to SKRT is still relatively high, namely 40.1%.

Objective : To determine the effect of giving date palm extract on increasing hemoglobin levels in TM III pregnant women at the Pratama Mitra Bunda Clinic, Batam City

Method : This method used is quantitative research, with a quasi-experimental design and a pretest posttest with control group research design. The population in this study were all of TM III pregnant women who were anemia. The sampling technique used was total sampling. The data analysis used was the independent sample t-test.

Result : The results of hemoglobin levels in the intervention group were 1.57gr/dl, while the control group it was 0.71gr/dl. The results of the independent sample t-test obtained a p value of 0.005, meaning the value of 0.005 is smaller than the α value of 0.05, it can be concluded that there is a significant influence of date palm extract on increasing hemoglobin levels in TM III pregnant women at the Pratama Mitra Bunda Clinic, Batam City.

Cocclusion : There is an effect of date palm extract on increasing hemoglobin levels in TM III pregnant women at the Pratama Mitra Bunda Clinic, Batam City.

Keywords : *Anemia, Hemoglobin Levels, Date Palm Extract, TM III pregnant women*

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