PENGARUH PEMBERIAN BUAH KURMA TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA IBU HAMIL DI PUSKESMAS PAJANGAN

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INTISARI

Latar Belakang: Anemia pada kehamilan mempunyai hubungan yang kuat dengan angka kesakitan dan kematian ibu dan bayi, termasuk risiko keguguran, prematuritas, dan bayi lahir dengan berat badan kurang Pada trimester II anemia disebabkan oleh hemodelusi atau pengenceran darah. Untuk menghindari komplikasi pada kehamilan, anemia harus segera diatasi. Penanganan anemia dalam kehamilan tergantung pada tingkat keparahan anemia yang dialami oleh ibu hamil. Jika kadar hemoglobin pada ibu hamil berkisar diantara 7-10,9 gr/dL di semua trimester dapat menggunakan suplemen oral zat besi dan asupan makanan seperti kurma yang memiliki kandungan zat besi sebesar 1,0 mg/100 gr.
Tujuan: Untuk mengetahui pengaruh konsumsi buah kurma terhadap peningkatan kadar hemoglobin pada ibu hamil anemia.
Metode Penelitian: Penelitian ini merupakan jenis penelitian kuantitatif dan menggunakan metode eksperimen (Quasi Eksperimen), dengan desain *pretest-posttset with control group design*, normalitas data diuji dengan menggunakan *Shapiro Wilk Test* dan dilanjutkan analisis data dengan menggunakan *Uji Mann Withney*.
Hasil: Berdasarkan hasil penelitian diketahui nilai rata-rata kadar hemoglobin pada kelompok intervensi *pretest* 9,7125 gr/dl sedangkan *posttest* 10,8625 gl/dl. Nilai rata-rata kadar hemoglobin pada kelompok kontrol *pretest* 9,9688 gl/dl sedangkan *posttest* 10,4750 gl/dl. *Uji Mann Whitney* dapat diketahui perbedaan kadar hemoglobin antara kelompok intervensi dan kelompok kontrol didapatkan hasil p *value* 0,699.
Kesimpulan: Tidak ada selisih perbedaan efektivitas antara mengkonsumsi buah kurma dan tablet fe dengan tablet fe saja, nilai *mean pretest* kelompok intervensi lebih besar dibandingkan dengan kelompok kontrol, sehingga konsumsi buah kurma dan tablet fe pada ibu hamil anemia lebih efektif, dibandingkan pemberian tablet fe saja.

Kata Kunci: Anemia, Kurma, Kadar Hemoglobin, Ibu Hamil

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THE EFFECT OF GIVING ON INCREASE HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT PAJANGAN HEALTH CENTER

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ABSTRACT

Background: Anemia in pregnancy has a strong association with maternal and infant morbidity and mortality, including the risk of miscarriage, prematurity, and underweight babies In the second trimester, anemia is caused by hemodelution or blood thinning. To avoid complications in pregnancy, anemia must be treated immediately. The treatment of anemia in pregnancy depends on the severity of anemia experienced by pregnant women. If the hemoglobin level in pregnant women ranges between 7-10.9 gr/dL in all trimesters, oral iron supplements and food intake such as dates which have iron content of 1.0 mg/100 gr can be used.
Objective: To determine the effect of date fruit consumption on increasing hemoglobin levels in anemic pregnant women.
Research Methods: This research is a type of quantitative research and uses experimental methods (Quasi Experiment), with a pretest-posttset design with control group design, data normality is tested using the Shapiro Wilk Test and continued data analysis using the Mann Withney Test.
Result: Based on the results of the study, it is known that the average value of hemoglobin levels in the intervention group pretest 9.7125 gr/dl while posttest 10.8625 gl/dl. The average value of hemoglobin levels in the control group pretest 9.9688 gl/dl while posttest 10.4750 gl/dl. Mann Whitney test can be seen the difference in hemoglobin levels between the intervention group and the control group obtained p value 0.699.
Coclusion: There is no difference in effectiveness between consuming dates and fe tablets with fe tablets alone, the mean pretest value of the intervention group is greater than the control group, so that the consumption of dates and fe tablets in anemic pregnant women is more effective, compared to giving fe tablets alone.

Keyword: Anemia, Dates, Hemoglobin Level, Pregnant Women

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