

PENGARUH PEMBERIAN KURMA DAN JUS JAMBU BIJI TERHADAP PENINGKATAN HB PADA IBU HAMIL DENGAN ANEMIA RINGAN

Maria Alda Rahangmetan¹, Ristiana Eka Ariningtyas²

RINGKASAN

Latar Belakang: Anemia merupakan salah satu komplikasi kehamilan yang umum terjadi, terutama di negara berkembang. Kondisi ini berdampak pada peningkatan risiko morbiditas dan mortalitas ibu serta gangguan tumbuh kembang janin. Prevalensi anemia ibu hamil di Indonesia masih cukup tinggi, termasuk di Yogyakarta, dengan anemia ringan menjadi bentuk yang paling sering dijumpai. Penanganan yang tepat melalui asuhan kebidanan yang holistik sangat diperlukan untuk mencegah dampak lanjut.

Tujuan: Memberikan gambaran tentang pelaksanaan asuhan kebidanan kehamilan pada Ny. I yang mengalami anemia ringan, menggunakan pendekatan manajemen kebidanan Varney dan berdasarkan standar pelayanan kebidanan.

Metode Penelitian: Penelitian ini menggunakan pendekatan kualitatif dengan cara metodologi studi kasus. Subjek penelitian adalah Ny. I, seorang ibu hamil multipara berusia 33 tahun dengan permasalahan anemia ringan. Data dikumpulkan melalui wawancara, pemeriksaan fisik dan observasi peningkatan hb. Analisis data dilakukan berdasarkan anamnesis dan pemeriksaan untuk merumuskan diagnosis dan mengidentifikasi masalah kebidanan. Setelah itu, dilakukan penatalaksanaan sesuai standar, diikuti evaluasi dan penarikan kesimpulan.

Hasil: Hasil asuhan kebidanan pada Ny. I G4P3A0 umur 33 tahun, trimester III dengan kadar Hb 9,7 gr/dL yaitu mencakup pemberian tablet Fe dan edukasi (farmakologis) serta konsumsi kurma dan jus jambu biji (non-farmakologis). Intervensi ini efektif meningkatkan Hb dan mencegah anemia memburuk, dengan evaluasi berkala sesuai standar.

Kesimpulan: Asuhan kebidanan komprehensif berbasis evidence-based, mencakup pendekatan farmakologis dan non-farmakologis, efektif menangani anemia ringan pada kehamilan dan mendukung peningkatan kesehatan ibu melalui tujuh langkah manajemen kebidanan.

Kata Kunci: Anemia ringan, kurma, jus jambu biji.

¹ Mahasiswa Profesi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

THE EFFECT OF DATES AND GUAVA JUICE ON HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH MILD ANEMIA

Maria Alda Rahangmetan¹, Ristiana Eka Ariningtyas²

ABSTRACT

Background: Anemia is one of the most common complications in pregnancy, particularly in developing countries. It contributes significantly to maternal morbidity and mortality, as well as impaired fetal growth and development. In Indonesia, including the Yogyakarta region, the prevalence of anemia among pregnant women remains high, with mild anemia being the most frequent form encountered. A holistic midwifery care approach is essential to prevent further complications.

Objective: This study aims to describe the implementation of antenatal midwifery care for Mrs. I, a pregnant woman diagnosed with mild anemia, using Varney's management framework and aligned with midwifery care standards.

Method: This study applied a qualitative approach with a case study method. The subject was Mrs. I, a 33-year-old multigravida woman in her third trimester with mild anemia. Data were obtained through interviews, physical examinations, and observation of hemoglobin (Hb) level improvements. Analysis was carried out through anamnesis and physical assessments to establish diagnoses and identify midwifery problems. Care was provided based on midwifery standards, followed by regular evaluations and conclusions.

Results: The midwifery care provided to Mrs. I (G4P3A0) with an initial Hb level of 9.7 g/dL included both pharmacological interventions (iron supplementation and education) and non-pharmacological interventions (consumption of dates and guava juice). These interventions effectively improved her Hb level and prevented progression of anemia, supported by routine evaluations.

Conclusion: Evidence-based, comprehensive midwifery care, combining pharmacological and non-pharmacological approaches, was effective in managing mild anemia during pregnancy and enhancing maternal health through the application of Varney's seven-step management process.

Keywords: Mild anemia, dates, guava juice.

¹ Student of Profession Midwifery University Jenderal Achmad Yani Yogyakarta

² Lecturer of Midwifery University Jenderal Achmad Yani Yogyakarta