HUBUNGAN STATUS GIZI DAN KADAR VITAMIN C DENGAN KADAR HEMOGLOBIN PADA IBU HAMIL ANEMIA DI WILAYAH KERJA PUSKESMAS PAUH KOTA PADANG

TESIS

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ABSTRAK

HUBUNGAN STATUS GIZI DAN KADAR VITAMIN C DENGAN KADAR HEMOGLOBIN PADA IBU HAMIL ANEMIA DI WILAYAH KERJA PUSKESMAS PAUH KOTA PADANG

Nurul Badriyah

Kadar hemoglobin (Hb) merupakan salah satu indikator spesifik untuk menetapkan anemia pada ibu hamil. Salah satu faktor yang memicu terjadinya anemia dalam kehamilan yaitu status gizi dan kadar vitamin C. Tujuan penelitian ini untuk mengetahui hubungan status gizi dan kadar vitamin C dengan kadar Hb pada ibu hamil anemia di Wilayah Kerja Puskesmas Pauh Kota Padang.

Penelitian ini merupakan penelitian observasional dengan desain *cross sectional* terhadap 57 ibu hamil Anemia trimester II dan III dengan teknik *consecutive sampling*. Penelitian dilakukan di Puskesmas Pauh dan Laboratorium Biomedik Fakultas Kedokteran Unand pada bulan Maret sampai Mei 2020. Status gizi diperiksa dengan mengukur lingkar lengan atas (LILA), kadar vitamin C diperiksa dengan metode ELISA dan kadar Hb dengan *hematology analyzer*. Uji normalitas dengan uji Kolerasi *Pearson* dan uji Korelasi *Spearman*.

Hasil penelitian ini menunjukkan rerata status gizi yaitu 23,68±1,810 cm, kadar vitamin C yaitu 21,13±12,502 ng/mL, dan kadar Hb yaitu 9,85±0,865 gr/dL. Terdapat hubungan yang signifikan antara status gizi dengan kadar Hb pada ibu hamil anemia dengan nilai p=0,012 dan (r = 0,330) dan tidak ada hubungan kadar vitamin C dengan kadar Hb pada ibu hamil anemia dengan nilai p=0,177 dan (r = -0,168).

Kesimpulan penelitian ini adalah terdapat hubungan antara status gizi dengan kadar Hb namun tidak terdapat hubungan kadar vitamin C dengan kadar Hb pada ibu hamil anemia di Wilayah Kerja Puskesmas Pauh Kota Padang.

Kata Kunci : ***Status Gizi, Kadar Vitamin C, Kadar Hemoglobin***

ABSTRACT

THE RELATION BETWEEN NUTRITIONAL STATUS AND VITAMIN C LEVEL WITH HEMOGLOBIN LEVEL ON ANEMIC PREGNANT WOMEN ON THE WORKING AREA OF PAUH COMMUNITY HEALTH CENTER IN PADANG

Nurul Badriyah

Hemoglobin (Hb) level is a specific indicator for determining anemia in pregnant women. One of the factors that triggers anemia in pregnancy, namely nutritional status and vitamin C level. The objective of this study was to determine the relation between nutritional status and vitamin C level with Hb level in anemic pregnant women in the working area of Pauh Community Health Center, Padang.

This is an observational study with cross sectional design on 57 pregnant women with anemia in trimesters II and III with consecutive sampling technique. The study was conducted at the Pauh Community Health Center and the Biomedical Laboratory of the Faculty of Medicine, University of Andalas from March to May 2020. Nutritional status was checked by measuring the upper arm circumference (LILA), vitamin C level was checked by the ELISA method, and Hb level was checked by using a hematology analyzer. Data analysis used Pearson correlation test and Spearman correlation test.

The results showed that the mean of nutritional status was 23.68±1,810 cm, the vitamin C level was 21.13±12.502 ng/mL, and the Hb level was 9.85±0.865 g/dL. There was a significant relation between nutritional status and Hb level in anemic pregnant women with a value of p = 0.012 and (r = 0.330) and there was no relation between vitamin C level and Hb level in anemic pregnant women with p = 0.177 and (r = -0.168).

The conclusion of study is that there is a relation between nutritional status and Hb level but there is no relation between vitamin C level and Hb level in anemic pregnant women in the working area of Pauh Community Health Center, Padang..

Keywords: Nutritional Status, Vitamin C Level, Hemoglobin Level