

**FAKULTAS KESEHATAN MASYARAKAT
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**HUBUNGAN KONSUMSI INHIBITOR DAN ENHANCER ZAT BESI
DENGAN KADAR HEMOGLOBIN PADA IBU HAMIL TRIMESTER
KETIGA DI KOTA PARIAMAN TAHUN 2016**

xv + 77 halaman, 17 tabel, 14 gambar, 8 lampiran

ABSTRAK

Tujuan

Anemia adalah suatu keadaan di mana kadar hemoglobin dalam darah di bawah normal. Anemia yang paling sering terjadi terutama pada ibu hamil adalah anemia karena kekurangan zat besi. Anemia pada ibu hamil trimester ketiga disebabkan oleh banyak faktor, yaitu faktor langsung, tidak langsung dan mendasar. Secara langsung anemia disebabkan oleh seringnya mengonsumsi zat penghambat absorpsi zat besi, kurang mengonsumsi promotor absorpsi zat besi non heme serta adanya infeksi parasit. Oleh karena itu, peneliti tertarik untuk melakukan penelitian dengan tujuan untuk mengetahui Hubungan Konsumsi *Inhibitor* dan *Enhancer* Zat Besi dengan Kadar Hemoglobin Pada Ibu Hamil Trimester Ketiga Di Kota Pariaman Tahun 2016.

Metode

Penelitian ini bersifat deskriptif analitik dengan desain *crosssectional study*, dimana variabel *independent* dan *dependent* diukur dalam waktu yang bersamaan. Populasi dalam penelitian ini adalah ibu hamil trimester ketiga di Kota Pariaman yang berjumlah 139 orang dan jumlah sampelnya sebanyak 66 orang. Sampel dipilih dengan teknik *Stratified Random Sampling*. Pengolahan data menggunakan analisis univariat dan bivariat dengan uji statistik Regresi Linear Sederhana dengan tingkat kepercayaan 95%.

Hasil

Hasil dari penelitian konsumsi *inhibitor* dengan kadar hemoglobin ibu hamil trimester ketiga menunjukkan hubungan yang kuat ($r = - 0,545$) dan berpola negatif. Konsumsi *enhancer* dengan kadar hemoglobin ibu hamil trimester ketiga menunjukkan hubungan sedang ($r = 0,489$) dan berpola positif. Hasil uji statistik didapatkan hubungan yang signifikan antara konsumsi *inhibitor* dan *enhancer* zat besi dengan kadar hemoglobin ibu hamil trimester ketiga ($p = 0,000$).

Kesimpulan

Semakin tinggi mengonsumsi *inhibitor*, maka kadar hemoglobin ibu hamil akan rendah. Sebaliknya, semakin tinggi mengonsumsi *enhancer* maka kadar hemoglobin ibu hamil semakin tinggi.

Daftar Pustaka : 54 (1992 – 2016)

Kata Kunci : *Enhancer, Inhibitor*, ibu hamil, kadar hemoglobin

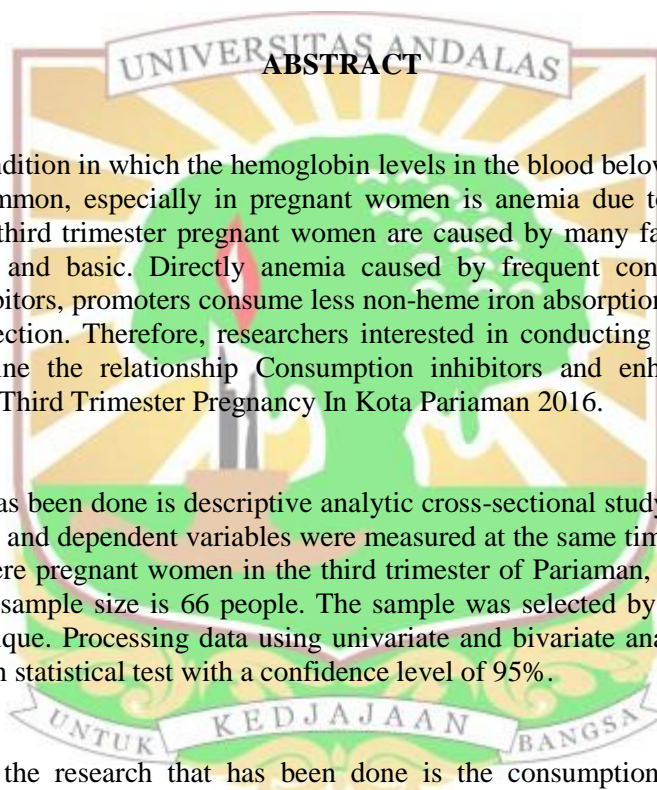
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**INHIBITORS AND RELATED CONSUMPTION ENHANCER WITH IRON
HEMOGLOBIN LEVELS IN THIRD TRIMESTER PREGNANT WOMEN IN
THE YEAR 2016 PARIAMAN**

xv + 77 pages, 17 tables, 14 images, 8 attachments



ABSTRACT

Objective

Anemia is a condition in which the hemoglobin levels in the blood below normal. Anemia is the most common, especially in pregnant women is anemia due to iron deficiency. Anemia in the third trimester pregnant women are caused by many factors, namely the direct, indirect and basic. Directly anemia caused by frequent consumption of iron absorption inhibitors, promoters consume less non-heme iron absorption and the presence of parasitic infection. Therefore, researchers interested in conducting research with the aim to determine the relationship Consumption inhibitors and enhancers Iron with Hemoglobin In Third Trimester Pregnancy In Kota Pariaman 2016.

Method

Research that has been done is descriptive analytic cross-sectional study design, in which the independent and dependent variables were measured at the same time. The population in this study were pregnant women in the third trimester of Pariaman, amounting to 139 people and the sample size is 66 people. The sample was selected by stratified random sampling technique. Processing data using univariate and bivariate analysis with simple linear regression statistical test with a confidence level of 95%.

Result

The results of the research that has been done is the consumption inhibitor with a hemoglobin level of third trimester pregnant women showed a strong relationship ($r = -0.545$) and negatively patterned. Consumption enhancer with hemoglobin levels of pregnant women showed a connection was the third trimester ($r = 0.489$) and a positive pattern. The test results obtained statistically significant association between the consumption of inhibitors and enhancers of iron with hemoglobin levels of pregnant women third trimester ($p = 0.000$).

Conclusion

The higher the consumption inhibitor, the hemoglobin levels of pregnant women will be low. Conversely, the higher the consumption enhancer maternal hemoglobin levels higher.

Bibliography : 54 (1992 - 2016)

Keywords : Enhancer, inhibitor, pregnant women, the levels of hemoglobin