

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

Skripsi, Juni 2016

MAIFAH RISSA, No. BP 1411216104

**PENGARUH PEMBERIAN TABLET Fe DAN KAPSUL DAUN KELOR TERHADAP
KADAR HEMOGLOBIN DARAH IBU HAMIL ANEMIA DI WILAYAH KOTA
PARIAMAN TAHUN 2016**

viii+71 halaman, 8 tabel, 10 gambar, 17 lampiran

ABSTRAK

Tujuan

Anemia defisiensi besi merupakan masalah gizi yang paling sering ditemukan di dunia. Salah satu upaya pemerintah untuk mengatasi anemia defisiensi besi pada ibu hamil adalah dengan pemberian tablet Fe. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian tablet Fe dan kapsul daun kelor terhadap perubahan kadar hemoglobin darah ibu hamil anemia di Wilayah Kota Pariaman Tahun 2016.

Metode

Penelitian ini menggunakan metode *quasi experiment* dengan rancangan *randomized pretest-posttest group design*, variabel *independent* adalah kadar hemoglobin darah awal ibu hamil anemia, tablet Fe dan kapsul daun kelor sedangkan variabel *dependent* adalah kadar hemoglobin darah akhir ibu hamil anemia di Wilayah Kota Pariaman. Sampel penelitian sebanyak 30 orang ibu hamil trimester tiga yang mengalami anemia, dibagi menjadi dua kelompok perlakuan yaitu kelompok suplementasi tablet Fe dan kelompok suplementasi kapsul daun kelor yang ditetapkan secara *randomisasi* sederhana. Pengumpulan data dilakukan melalui observasi dan pemeriksaan kadar hemoglobin darah dengan metoda *digital hemosmart*. Data diuji dengan *dependent dan independent sample T-test*.

Hasil

Hasil penelitian menunjukkan terdapat perbedaan yang bermakna kadar hemoglobin darah kelompok ibu hamil anemia yang mendapat suplementasi Fe dengan nilai $p = 0.001$ ($p\text{-value} < 0.05$), dan pada kelompok suplementasi kapsul daun kelor juga terdapat perbedaan yang bermakna kadar hemoglobin darah ibu hamil anemia dengan nilai $p = 0.019$ ($p\text{-value} < 0.05$). Hasil uji statistik didapatkan tidak ada perbedaan yang bermakna perubahan rata-rata kadar Hb pada ibu hamil anemia dengan suplementasi kapsul daun kelor dibandingkan rata-rata kadar Hb pada ibu hamil anemia dengan suplementasi tablet Fe dengan nilai $p = 0.393$ ($p\text{-value} > 0.05$).

Kesimpulan

Suplementasi kapsul daun kelor dapat meningkatkan kadar Hb Ibu hamil anemia, namun dengan dosis yang sudah diberikan kenaikannya tidak melebihi suplementasi tablet Fe

Daftar Pustaka : 51 (1998 – 2016)

Kata Kunci : Fe, kapsul daun kelor, ibu hamil anemia, kadar Hb.

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, June 2016

MAIFAH RISSA, No. BP 1411216104

EFFECT OF Fe TABLETS AND MORINGA LEAVES CAPSULES ON BLOOD HEMOGLOBIN LEVEL OF ANEMIA PREGNANT WOMEN IN THE PARIAMAN CITY AREA YEAR 2016

viii + 71 pages, 8 tables, 10 pictures, 17 appendices

ABSTRACT

Objective

Iron deficiency anemia is a nutritional problems are most commonly found in the world. One of the government's efforts to address iron deficiency anemia in pregnant women is by giving Fe. The purpose of the research to determine the effect of Fe tablets and moringa leaves capsules to changes in blood hemoglobin levels of anemia pregnant women in Pariaman City Area on 2016.

Method

This study used a quasi-experimental design with pretest-posttest randomized group design, the independent variable is the initial blood hemoglobin levels of anemia pregnant women, Fe tablets and moringa leaves capsule, and dependent variable is the final blood hemoglobin levels of anemia pregnant women in Pariaman City Area. The research sample as many as 30 people trimester three pregnant women who are anemic, were divided into two treatment groups: iron tablet supplementation group and Moringa leaf capsule supplementation group that defined in simple randomized. Data collected through observation and examination of blood hemoglobin levels with digital methods hemosmart. Data tested with dependent and independent sample T-test.

Result

The results showed a significant difference in blood hemoglobin level group of anemia pregnant women who received iron supplementation with $p = 0.001$ ($p\text{-value} < 0.05$), and the supplementation group Moringa leaves capsule are also significant difference blood hemoglobin levels of pregnant women anemic $p = 0.019$ ($p\text{-value} < 0.05$). Statistical test results showed that there was no significant difference in mean change of Hb levels in pregnant women anemia by supplementation Moringa leaves capsule compared to the average level of hemoglobin in anemia pregnant women with supplemental iron tablet with a value of $p = 0.393$ ($p\text{-value} > 0.05$),

Conclusion

Moringa leaf capsule supplementation can improve hemoglobin levels of anemia pregnant women, but the doses that were given increase not exceed iron supplementation.

Bibliography :51(1998-2016)

Keywords :Fe, moringa leaf capsules, maternal anemia, hemoglobin level.