

**PENGARUH KONSUMSI VITAMIN C TERHADAP PENINGKATAN  
KADAR HEMOGLOBIN DAN KADAR FERITIN IBU HAMIL  
ANEMIA YANG MENDAPAT SUPLEMEN  
TABLET TAMBAH DARAH**

**TESIS**



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## ABSTRAK

# PENGARUH KONSUMSI VITAMIN C TERHADAP PENINGKATAN KADAR HEMOGLOBIN DAN KADAR FERITIN IBU HAMIL ANEMIA YANG MENDAPAT SUPLEMEN TABLET TAMBAH DARAH

GITA RAHMADANI

Anemia dalam kehamilan merupakan salah satu masalah yang sering terjadi pada ibu hamil. Anemia menjadi masalah kesehatan nasional yang berpengaruh terhadap sumber daya manusia di masa yang akan datang. Suplemen yang di program pemerintah untuk mengatasi masalah anemia yaitu dengan memberikan tablet tambah darah dan sebaiknya di kombinasikan dengan vitamin C. Tujuan penelitian ini untuk mengetahui Pengaruh Konsumsi Vitamin C Terhadap Peningkatan Kadar Hemoglobin Dan Kadar Feritin Ibu Hamil Anemia Yang Mendapat Suplemen Tablet Tambah Darah.

Jenis penelitian *kuantitatif* dengan desain *quasi eksperimen* yang menggunakan pendekatan *pretest and posttest with control group*. Penelitian dilakukan di Puskesmas Pauh dan Balai Laboratorium Kesehatan. Pengumpulan data dilakukan pada tanggal 02 Januari – 03 Maret tahun 2020 terhadap 34 orang ibu hamil trimester III yang mengalami anemia yang dibagi menjadi 2 kelompok. Kadar feritin diperiksa dengan metode *electro chemiluminescence immunoassay* dan kadar hemoglobin dengan menggunakan alat *hematology analyzer*. Uji normalitas menggunakan *Shapiro Wilk* dan di lanjutkan dengan Uji *T-test T-Independent* dan *test T-paired*.

Hasil penelitian didapatkan rata-rata kadar hemoglobin sebelum konsumsi vitamin C pada kelompok intervensi adalah 10,32 gr/dL dan kelompok kontrol 10,15 gr/dL. Kadar Feritin sebelum kelompok intervensi adalah 13,23 µg/mL dan kelompok kontrol adalah 13,06 µg/mL. Kadar hemoglobin sesudah intervensi 11,75 gr/dL dan kontrol 11,36 gr/dL. Kadar feritin sesudah intervensi pada kelompok intervensi yaitu 57,37 µg/mL dan kadar feritin kelompok kontrol yaitu 50,91 µg/mL. Hasil uji statistik tidak terdapat perbedaan peningkatan kadar hemoglobin dengan nilai *p value* 0,194 dan kadar feritin nilai *p value*=0,162 antara kelompok intervensi dan kontrol.

Kesimpulan dalam penelitian ini adalah tidak terdapat perbedaan peningkatan kadar hemoglobin dan kadar feritin ibu hamil anemia sesudah mengonsumsi vitamin C antara kelompok intervensi dan kelompok kontrol.

Kata Kunci : Kadar hemoglobin, kadar feritin, konsumsi vitamin C

## **ABSTRACT**

### ***THE EFFECT OF VITAMIN C CONSUMPTION ON THE INCREASING HEMOGLOBINE AND FERRITINE LEVELS OF ANEMIC PREGNANT WOMEN GETTING BLOOD SUPPLEMENT TABLET***

**GITA RAHMADANI**

*Anemia in pregnancy is a problem that frequently occurs in pregnant women. Anemia is a national health problem that will affect human resources in the future. Supplements that are in the government program aim to overcome the problem of anemia, namely by providing additional blood tablets and should be combined with vitamin C. The objective of this study is to determine the effect of vitamin C consumption on the increase in hemoglobin levels and ferritin levels in anemic pregnant women who get blood supplement tablet.*

*This type of quantitative research is a quasi-experimental design that uses a pretest and posttest approach with a control group. The research was conducted at Pauh Community Health Center and Health Laboratory Center. Data collection was carried out on January 2 - March 03 on 34 pregnant women with anemia who were divided into 2 groups. Ferritin levels were checked by the electro chemiluminescence immunoassay method and hemoglobin levels with a hematology analyzer. Normality test was done by using Shapiro Wilk and continued with unpaired T-test using T-Independent test and paired Test.*

*The results showed that the average hemoglobin level before consuming vitamin C in the intervention group was 10.32 gr/dL and the control group was 10.15 g/dL. Ferritin levels before the intervention group were 13.23 µg/mL and the control group was 13.06 µg/mL. After the hemoglobin level after intervention was 11.75 g/dL and control was 11.36 g/dL. Post-intervention ferritin levels were 57.37 µg/mL and control was 50.91 µg/mL. The results of the statistical test showed no difference in hemoglobin levels with p value of 0.327 and ferritin levels with p value = 0.162 between the intervention and control groups.*

*The conclusion in this study is that there is no difference in hemoglobin levels and ferritin levels after consuming vitamin C in anemic pregnant women who get blood supplementation in the intervention and control groups.*

*Keywords: Hemoglobine Level, Ferritin Level, Vitamin C Consumption*