

**HUBUNGAN ASUPAN PROTEIN DENGAN KADAR
HEMOGLOBIN DAN RETIKULOSIT HEMOGLOBIN
PADA IBU HAMIL**

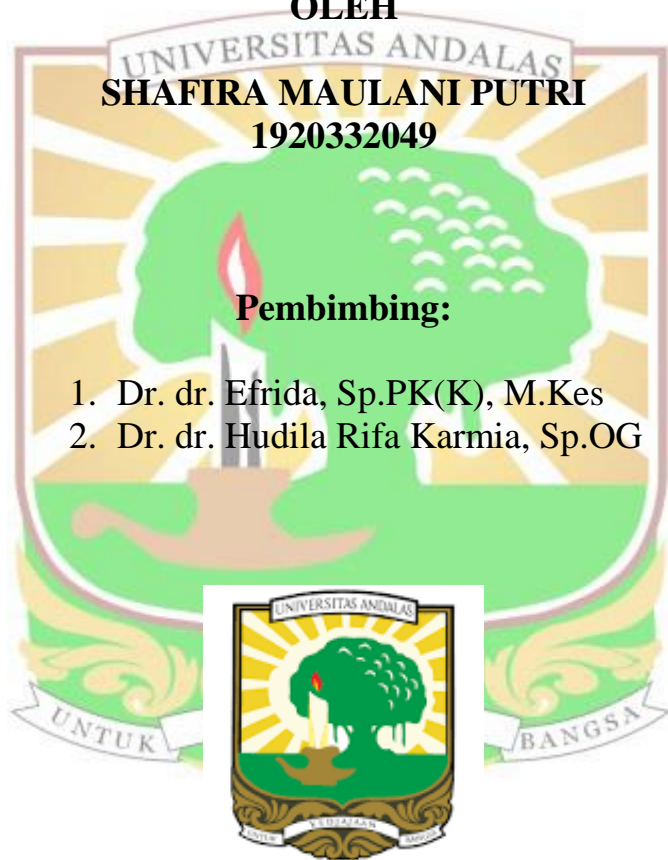
TESIS

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**PROGRAM STUDI KEBIDANAN PROGRAM MAGISTER
FAKULTAS KEDOKTERAN
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PADANG
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*Sebagai salah satu syarat untuk memperoleh Gelar Magister Kebidanan
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ABSTRAK

HUBUNGAN ASUPAN PROTEIN DENGAN KADAR HEMOGLOBIN DAN RETIKULOSIT HEMOGLOBIN PADA IBU HAMIL

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Kejadian anemia pada ibu hamil di Indonesia berdasarkan data WHO 2021 adalah 40%. Dinas Kesehatan Sumatra Barat melaporkan persentase kejadian anemia pada ibu hamil di Sumatra Barat adalah 24,7%. Anemia ibu hamil di Kota Padang tahun 2021 berdasarkan Profil Dinas Kesehatan Kota Padang adalah 13,5%. Penyebab terbanyak anemia pada ibu hamil yaitu kekurangan zat besi. Cara mencegah anemia defisiensi besi yaitu meningkatkan asupan gizi, salah satunya asupan protein. Anemia defisiensi besi dapat dideteksi dengan mengukur kadar hemoglobin dan retikulosit hemoglobin pada ibu hamil. Tujuan penelitian untuk mengetahui hubungan asupan protein dengan kadar hemoglobin dan retikulosit hemoglobin pada ibu hamil.

Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross sectional*. Dilaksanakan di Puskesmas Pauh dan Laboratorium Sentral RSUP Dr.M.Djamil Padang. Responden penelitian sebanyak 62 ibu hamil diambil menggunakan teknik *consecutive sampling*. Penilaian asupan protein diperoleh melalui wawancara menggunakan kuesioner FFQ. Kadar hemoglobin dan retikulosit hemoglobin diperiksa menggunakan hematologi *analyzer*. Data dianalisis menggunakan uji Korelasi Pearson dinyatakan bermakna jika $p < 0,05$.

Hasil penelitian diperoleh rerata asupan protein trimester I, II, dan III (gram) berturut-turut yaitu 88,20, 84,48, dan 86,48. Rerata kadar hemoglobin trimester I, II, dan III (g/dL) berturut-turut yaitu 11,86, 11,42, dan 11,13. Rerata kadar retikulosit hemoglobin trimester I, II, dan III (pg) berturut-turut yaitu 29,32, 29,83, dan 28,95. Asupan protein berkorelasi kuat dengan kadar hemoglobin ($r=0,600$, $p=0,000$) dan kadar retikulosit hemoglobin ($r=0,564$, $p=0,000$).

Simpulan penelitian adalah semakin tercukupi pemenuhan asupan protein maka semakin baik pula kadar hemoglobin dan retikulosit hemoglobin.

Kata Kunci: Kehamilan, Hemoglobin, Retikulosit Hemoglobin, Asupan Protein

ABSTRACT
RELATIONSHIP OF PROTEIN INTAKE WITH HEMOGLOBIN AND
RETICULOCYTE HEMOGLOBIN LEVELS IN
PREGNANT WOMEN

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The incidence of anemia in pregnant women in Indonesia based on WHO 2021 is 40%. The West Sumatra Health Office reported the percentage of anemia incidence among pregnant women in West Sumatra was 24.7%. Anemia among pregnant women in Padang City in 2021 based on the Padang City Health Office Profile is 13.5%. The most common cause of anemia is iron deficiency in the body of pregnant women. How to prevent iron deficiency anemia is to increase nutritional intake, one of which is protein intake. Iron deficiency anemia can be detected by measuring hemoglobin and hemoglobin reticulocyte levels in pregnant women. The purpose of the study was to determine the relationship of protein intake with hemoglobin and reticulocyte hemoglobin levels in pregnant women.

This study was an analytical observational study with a cross sectional design, conducted at Puskesmas Pauh and Central Laboratory RSUP Dr.M.Djamil Padang. Respondents were 62 pregnant women taken using consecutive sampling technique. Assessment of protein intake was obtained through interviews using the FFQ questionnaire. Hemoglobin and reticulocyte hemoglobin levels were checked using hematology analyzer. Data were analyzed using the Pearson Correlation test and declared significant if $p < 0.05$.

The results showed that the average protein intake in the first, second, and third trimesters (gram) were 88.20, 84.48, and 86.48. The mean hemoglobin levels in the first, second, and third trimesters (g/dL) were 11.86, 11.42, and 11.13. The mean levels of reticulocyte hemoglobin in the first, second, and third trimesters (pg) were 29.32, 29.83, and 28.95. Protein intake ($r=0.600$, $p=0.000$) significantly correlated with hemoglobin levels. Protein intake ($r=0.564$, $p=0.000$) was significantly associated with reticulocyte hemoglobin levels.

The conclusion of the study is that the more adequate the fulfillment of protein intake, the better the hemoglobin and reticulocyte hemoglobin levels.

Keywords: Pregnancy, Hemoglobin, Reticulocyte Hemoglobin, Protein Intake