

**PENGARUH PEMBERIAN SUPLEMENTASI BESI DAN VITAMIN
A TERHADAP KADAR FERITIN SERUM IBU NIFAS ANEMIA DI
KECAMATAN BANGKO KABUPATEN MERANGIN
TAHUN 2017**

TESIS

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**PROGRAM STUDI ILMU BIOMEDIK
PASCA SARJANA UNIVERSITAS ANDALAS
2017**

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ABSTRAK

Anemia defisiensi besi merupakan anemia yang timbul akibat kosongnya cadangan besi tubuh (*depleted iron stores*) sehingga penyediaan besi untuk eritropoesis berkurang dan pada akhirnya pembentukan hemoglobin terhambat. Beberapa penelitian menemukan tingginya kejadian anemia di beberapa kalangan termasuk pada ibu nifas. Tujuan penelitian ini bertujuan untuk mengetahui pengaruh pemberian suplementasi besi dan vitamin A terhadap kadar feritin serum ibu nifas anemia.

Jenis penelitian ini adalah *experimental research* dengan *post test only group design*. Responden penelitian adalah ibu nifas yang anemia sebanyak 54 orang yang masuk kriteria inklusi dan eksklusi yang dibagi menjadi dua kelompok yaitu kelompok perlakuan adalah ibu nifas yang diberikan suplementasi besi 60 mg sebanyak 2 x sehari ditambah vitamin A dosis tinggi 200.000 IU (2 kali pemberian dengan jarak 24 jam) dan kelompok kontrol adalah yang diberikan suplementasi besi 60 mg sebanyak 2 x sehari selama 8 minggu. Data pengaruh pemberian suplementasi besi dan vitamin A dianalisis dengan menggunakan uji *Independent t- test sample*.

Hasil penelitian didapatkan rata-rata kadar feritin serum ibu nifas anemia pada kelompok perlakuan adalah 82,29 µg/L dan pada kelompok kontrol adalah 41,31 µg/L ± SD. Terdapat perbedaan kadar feritin serum setelah diintervensi antara kelompok perlakuan dan kontrol ($p : 0,002$).

Kesimpulan : Terdapat pengaruh pemberian suplementasi besi ditambah vitamin A terhadap peningkatan kadar feritin serum ibu nifas yang anemia di Kecamatan Bangko Kabupaten Merangin Tahun 2017

Kata Kunci : Zat besi, Vitamin A, Kadar feritin serum.

**THE EFFECT OF IRON SUPPLEMENTS WITH VITAMIN A ON
THE LEVELS OF FERRITIN SERUM IN POSTPARTUM
MOTHERS WITH ANEMIA IN THE SUB – DISTRICT
BANGKO IN THE REGENCY OF MERANGIN IN 2017**

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ABSTRACT

Anemia is a condition in which a person has a lower than the normal number of red blood cells in their blood (depleted iron stores) so the supply of iron for erythropoiesis decreases and consequently the formation of hemoglobin is inhibited. Several studies have found high rates of anemia in some groups of people including the postpartum mothers (puerperium). The objective of the study is to identify the effect of iron supplement with vitamin A on the levels of ferritin serum in postpartum mothers with anemia in the sub – district Bangko in the regency of Merangin in 2107.

This type of research is an experimental research with *post-test only group design*. The respondents were 54 postpartum mothers with anemia that belong to the inclusive and exclusive criteria. The respondents were divided into two groups which are the group with treatment. This group was given iron supplement 60 mg twice a day plus high dosage vitamin A 200.000 IU (twice with the distance of administration 24 hours) in eight weeks and meanwhile the control group was given iron supplement 60 mg twice a day in eight weeks. The data of iron supplement effect plus vitamin A was analyzed by using Independent *t-test sample*.

The Result of the study found the average level of ferritin serum in respondents in the treatment group was 82, 29 µg/L meanwhile in the control group was 41, 31 µg/L ± SD. It is found that there is significant difference of ferritin serum levels after intervention between the treatment and the control group ($p < 0,002$).

It is concluded that there is effect of supplement with vitamin A on the levels of ferritin serum in postpartum mothers with anemia in the sub - district Bangko in the regency of Merangin in 2107.

Key words: Iron Supplement, Vitamin A, Ferritin serum level.