

**PENGARUH PEMBERIAN TABLET ZINK DAN BESI  
TERHADAP KADAR HEMOGLOBIN DAN FERITIN  
PADA IBU HAMIL ANEMIA DEFISIENSI BESI**

**TESIS**



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**ABSTRAK****PENGARUH PEMBERIAN TABLET ZINK DAN BESI TERHADAP  
KADAR HEMOGLOBIN DAN FERITIN PADA IBU HAMIL  
ANEMIA DEFISIENSI BESI****DESI WILDAYANI**

Anemia pada kehamilan merupakan salah satu masalah nasional karena mencerminkan nilai kesejahteraan sosial ekonomi masyarakat dan pengaruhnya sangat besar terhadap kualitas sumber daya manusia. Oleh karena itulah anemia memerlukan perhatian serius dari semua pihak yang terkait dalam pelayanan kesehatan. Sebagian zink merupakan alat transpor transferin, yang juga merupakan alat transpor zat besi. Suplemen zink dianjurkan apabila ibu hamil mendapat suplemen besi. Tujuan penelitian ini adalah mengetahui pengaruh pemberian tablet zink dan besi terhadap kadar hemoglobin dan feritin pada ibu hamil anemia defisiensi besi.

Jenis penelitian ini adalah quasi eksperiment dengan metode *non randomized control group pre test and post test design*. Penelitian dilakukan di Puskesmas Lubuk Buaya Padang dan Laboratorium Biomedik Universitas Andalas pada bulan Oktober 2017 – Maret 2018 terhadap 30 orang ibu hamil trimester II dan III, kadar Hb < 11 g/dl dan feritin < 15 ng/ml yang diambil dengan cara *consecutive sampling*. Sampel dibagi menjadi 2 kelompok (intervensi dan kontrol). Kadar feritin diperiksa dengan ELISA dan kadar hemoglobin dilakukan dengan metode *Hematology analyzer*. Uji normalitas data dengan uji *Saphiro wilk* dan dilanjutkan dengan uji T berpasangan dan uji T tidak berpasangan.

Hasil penelitian didapatkan ibu hamil yang diberikan tablet zink dan besi rata-rata selisih kadar hemoglobinya lebih tinggi (1,07 g/dl) dibandingkan dengan ibu hamil yang mendapatkan tablet besi saja (0,81 g/dl, dengan nilai  $p = 0,190$ ). Selisih kadar feritin serum lebih tinggi (19,39 ng/ml) dibandingkan dengan ibu hamil yang mendapatkan tablet zink dan besi (14,64 ng/ml), dengan nilai  $p = 0,529$ .

Kesimpulan penelitian ini adalah tidak terdapat pengaruh pemberian tablet zink dan besi terhadap kadar hemoglobin dan feritin pada ibu hamil anemia defisiensi besi.

**Kata Kunci :** Tablet Zink, Tablet Besi, Kadar Hemoglobin, Feritin serum, Anemia Defisiensi Besi

**ABSTRACT**

## **EFFECT OF ZINK AND IRON TABLET PROCESS ON HEMOGLOBIN AND FERRITIN CONCEPTS IN PREGNANT WOMAN ANEMIA DEFICIENCY OF IRON**

**DESI WILDAYANI**

Anemia in pregnancy is one of the national problems because it reflects the value of the socio-economic welfare of the community and its influence is very large on the quality of human resources. Therefore, anemia needs serious attention to all parties related to health services. Some zinc is a transferrin transport tool, which is also an iron transport tool. Zinc supplements are recommended if pregnancy women get enough iron supplements. The purpose of this study was to determine the effect of zinc and iron tablets on hemoglobin and ferritin levels in pregnancy women with iron deficiency anemia.

This type of research was quasi-experimental with a non-randomized control group pretest and posttest to design method. The study was conducted at the Lubuk Buaya Padang Health Center and Andalas University Biomedical Laboratory from October in 2017 until March of 2018 for thirty seconds and third trimester pregnancy women, with Hb <11 g / dl and ferritin <15 ng / mL taken by consecutive sampling. The sample was divided into two groups: (intervention and control). Ferritin levels were examined by ELISA and hemoglobin levels were performed by using the Hematology analyzer method. Test the normality of the data by Using Saphiro Wilk test and proceed with paired T test and unpaired T test. The results showed that pregnancy women given zinc and iron tablets had a higher difference in hemoglobin level (1.07 g/dl) compared to pregnancy women that received iron tablets only (0.81 g/dl, with p value = 0.190. The difference in serum ferritin levels was higher (19.39 ng / ml) compared to pregnancy women who received zinc and iron tablets (14.64 ng / ml), with a value of p = 0.529.

The conclusion of this study is, that there is no effect of giving zinc and giving iron tablets to hemoglobin and ferritin levels in pregnancy women with iron deficiency anemia.

**Keywords:** Zink Tablet, Iron Tablet, Hemoglobin Level, Serum ferritin, Iron Deficiency Anemia