INTISARI

Tanty Amalia[1], dr. B. Rina A. Sidharta, Sp.PK (K)[2], dr. Yulianti Subagyo[3], 2017. Perbedaan Kadar Hemoglobin Sebelum dan Sesudah Pemberian Tablet Besi Pada Ibu Hamil di Puskesmas Baula. Program Studi D-IV Analis Kesehatan, Fakultas Ilmu Kesehatan. Universitas Setia Budi[1]. Puskesmas Baula. Dosen Universitas Setia Budi, Surakarta[3].

Anemia dalam kehamilan yang sering terjadi adalah anemia akibat kekurangan zat besi. Pada keadaan hamil terjadi perubahan fisiologis pada berbagai sistem tubuh, salah satunya adalah perubahan pada sistem kardiovaskuler, dapat berupa peningkatan curah jantung, meningkatnya stroke volume, aliran darah dan volume darah. Selama kehamilan, biasanya terjadi *hyperplasia erythroid* dari sumsum tulang, dan meningkatnya *massa* eritrosit. Namun peningkatan volume plasma yang tidak proporsional menyebabkan hemodilusi. Pemberian suplemen Fe selama kehamilan dianggap paling cocok bagi ibu hamil untuk meningkatkan kadar Hb. Satu tablet zat Fe di Indonesia mengandung 60 mg zat Fe dan 0.25 mg asam folat atau setara dengan 200 mg *ferosulfat.* Penelitian ini bertujuan untuk mengetahui perbedaan kadar Hb sebelum dan sesudah pemberian tablet Fe pada ibu hamil.

Penelitian ini menggunakan rancangan penelitian praeksperimen yaitu *one group pretes postest,* Sampel penelitian diambil menggunakan teknik *purposive sampling* berjumlah 30 sampel ibu hamil trimester II dan III, yang diperiksa kadar Hb sebelum dan sesudah pemberian 30 tablet Fe.

Dari hasil penelitian memperlihatkan rerata ± SD sebelum pemberian tablet Fe adalah 10.43 ± 0.81 g/dL dan sesudah pemberian tablet Fe adalah 11.37 ± 0.80 g/dL. Hasil analisa *Paired sample t-test* diperoleh signifikansi 0.000 < 0.05. Dari hasil penelitian dapat disimpulkan bahwa hasil pemeriksaan kadar Hb sebelum dan sesudah pemberian tablet Fe pada ibu hamil terdapat perbedaan yang signifikan.

***Kata Kunci** : Ibu hamil, Hemoglobin, Tablet Fe*

ABSTRACT

Tanty Amalia[1], dr. B. Rina A. Sidharta, Sp. PK (K)[2]& dr. Yulianti Subagyo[3]. 2017. The Different of Hemoglobin Levels before and after Fe Tablet Administration of Pregnant Moms in Public Health Center (*Puskesmas*) of Baula. The Study Program of Four-Year Diploma (D-IV) in Medical Laboratory Technology. The Faculty of Health Sciences. Universitas Setia Budi.
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Anemia which often happens during pregnancy is zinc deficiency-related anemia. In pregnancy, physiological changes occur on various body systems, one of which is cardiovascular system, which takes the forms of increased cardiac output, stroke volume, blood circulation and blood volume. Hyperplasia erythroid commonly takes place from bone marrow, as well as increased erythrocyte mass. However, disproportional increase of plasma volume causes hemodilution. Administrating Fe supplement during pregnancy is one of most appropriate ways for pregnant moms to increase hemoglobin. In Indonesia, one tablet of Fe contains 60 mg of Fe and 0.25 mg of folic acid equivalen to 200 mg of ferosulfat. This study aims at investigating the differences of hemoglobin levels of pregnant moms before and after Fe tablet administration.

This study used pre-ekspermental research design that is one group pretest and posttest. Samples were taken using purposive sampling technique. The samples were 30 pregnant moms in the second and third trimesters, whose hemoglobin levels were measured before and after administration of 30 Fe tablets.

The results reveal the average ± SD before Fe tablet administration of 10.43 ± 0.81 g/dL and after Fe tablet administration of 11.37 ± 0.80 g/dL. The results of paired sample t-test is significance level of 0.000 < 0.05. It concludes that there are significant differences hemoglobin examination results before and after Fe tablet administration on pregnant moms.

Keywords: Pregnant Women, Hemoglobin, Fe tablets