

INTISARI

Nawangsari, Shafira Inge. 2022. *Gambaran Kadar Hemoglobin Pada Ibu Menyusui Bayi 0-6 Bulan Di Kelurahan Magersari Kota Magelang*. Program Studi D3 Analis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Hemoglobin adalah komponen utama dari sel darah merah berupa protein yang berfungsi untuk transportasi oksigen dan karbondioksida. Pemeriksaan kadar hemoglobin membantu dalam suatu diagnosa anemia. Anemia pada ibu menyusui akan menyebabkan gangguan nutrisi dan produksi air susu ibu menjadi kurang. Hal ini dapat disebabkan oleh kurang gizi (malnutrisi) karena asupan makanan ibu yang tidak memperhatikan nilai gizi, ibu kehilangan darah yang banyak saat persalinan. Tujuan penelitian adalah untuk mengetahui gambaran kadar hemoglobin terhadap Ibu menyusui bayi 0-6 bulan di Kelurahan Magersari Kota Magelang.

Jenis penelitian ini adalah penelitian deskriptif. Waktu penelitian dilaksanakan pada bulan Maret – Juli 2022. Lokasi penelitian adalah di Kelurahan Magersari, Kota Magelang. Subyek penelitian berjumlah 30 ibu menyusui bayi 0-6 bulan. Pengambilan sampel secara *purposive sampling*. Penelitian alat ini menggunakan alat heemometer digital POCT (*point of care testing*).

Hasil penelitian menunjukkan bahwa hasil pemeriksaan kadar hemoglobin pada ibu menyusui bayi 0-6 bulan diperoleh sebanyak 18 responden (60%) dalam kategori normal, 9 responden (30%) memiliki kadar hemoglobin rendah, dan 3 responden (10%) memiliki kadar hemoglobin tinggi.

Kata Kunci : Ibu Menyusui Bayi 0-6 Bulan, Kadar Hemoglobin

ABSTRAK

Nawang Sari, Shafira Inge. 2022. An Overview of Hemoglobin Levels in Mothers Breastfeeding Infants 0-6 Months in Magersari Village, Magelang City. Health Analyst D3 Study Program, Faculty of Health, Setia Budi University.

Hemoglobin is the main component of red blood cells in the form of a protein that functions to transport oxygen and carbon dioxide. Examination of hemoglobin levels helps in a diagnosis of anemia. Anemia in breastfeeding mothers will cause nutritional disorders and decrease breast milk production. This can be caused by malnutrition (malnutrition) because the mother's food intake does not pay attention to nutritional values, the mother loses a lot of blood during childbirth. The purpose of the study was to determine the description of hemoglobin levels for mothers breastfeeding infants 0-6 months in Magersari Village, Magelang City.

This type of research is descriptive research. The time of the research was carried out in March – July 2022. The research location was in Magersari Village, Magelang City. The research subjects were 30 mothers breastfeeding infants 0-6 months. Sampling by purposive sampling. This research tool uses a digital heemometer POCT (point of care testing).

The results showed that the results of the examination of hemoglobin levels in mothers breastfeeding infants 0-6 months obtained as many as 18 respondents (60%) in the normal category, 9 respondents (30%) had low hemoglobin levels, and 3 respondents (10%) had high hemoglobin levels.

Keywords: Mothers Breastfeeding Babies 0-6 Months, Hemoglobin Levels