

GAMBARAN KADAR HEMOGLOBIN PADA WANITA HAMIL YANG MENGKONSUMSI TABLET ZAT BESI

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ABSTRAK

Hemoglobin berada dalam sel darah merah berfungsi mengangkut oksigen dari organ respirasi ke seluruh tubuh, apabila kekurangan dapat menyebabkan anemia. Anemia dalam kehamilan adalah kondisi ibu dengan kadar hemoglobin di bawah 11 g/dL. Resiko anemia defisiensi besi dapat dicegah apabila ibu hamil dapat memenuhi kebutuhan zat besi, dengan mengkonsumsi secara teratur. Tujuan penelitian ini untuk mengetahui gambaran kadar hemoglobin pada wanita hamil yang mengkonsumsi tablet zat besi. Jenis penelitian deskriptif. Metode penelitian dilakukan dengan mengukur langsung kadar hemoglobin sampel. Sampel pada penelitian ini sebanyak 29 wanita hamil yang mengkonsumsi tablet zat besi pada trimester ketiga yang diambil dari seluruh anggota populasi. Hasil penelitian menunjukkan wanita hamil yang mengkonsumsi tablet zat besi 55,17% memiliki kadar hemoglobin dalam range normal dengan rata-rata 11,06 g/dL, 44,83% dalam range kurang dari normal dengan rata-rata 9,86 g/dL. Berdasarkan umur dan paritas kadar hemoglobin ibu hamil yang mengkonsumsi tablet zat besi mayoritas dalam range normal. Simpulan penelitian kadar hemoglobin wanita hamil trimester ketiga yang mengkonsumsi tablet besi dalam range normal.

Kata Kunci : Kadar hemoglobin, Wanita hamil trimester ketiga, konsumsi tablet zat besi

LEVEL OF HEMOGLOBIN ON PREGNANT WOMAN WHO CONSUMPTION OF IRON TABLET

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ABSTRACT

Hemoglobin in the red blood cells serves to transport oxygen from the respiratory organs throughout the body, if deficiency can cause anemia. Anemia in pregnancy is a condition of the mother with a hemoglobin level below 11 g / dL. The risk of iron deficiency anemia can be prevented if the pregnant woman can meet the needs of iron, by consuming regular iron tablets. The purpose of this study to determine the picture of hemoglobin levels in pregnant women who consume iron tablets. The type of research is descriptive method. The research method is done by directly measuring hemoglobin level. The sample in this study were 29 pregnant women who consumed iron tablets in the third trimester taken from all members of the population The results showed that pregnant women who consume iron tablets 55.17% in the range of normal hemoglobin levels with an average of 11.06 g / dL, 44.83% in the less than normal range with an average of 9.86 g / dL. Based on the age and parity of hemoglobin levels of pregnant women who consumed the majority iron tablets in the normal range. Conclusions of the study of hemoglobin levels of pregnant women in the third trimester who consumed normal majority iron tablets

Keywords: *Level of hemoglobin, pregnant woman of third trimester, consumption of iron tablet*

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