

Gambaran Kadar Hemoglobin Pada Ibu Hamil Trimester III Dengan Anemia Di Puskesmas Gatak Sukoharjo

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ABSTRAK

Anemia menjadi salah satu penyebab penting kematian ibu melahirkan, terutama bila faktor perdarahan merupakan penyebab kematian ibu. Anemia atau defisiensi zat besi (Fe) dalam tubuh pada ibu hamil karena terjadinya anemia pada ibu hamil disebabkan salah satunya asupan gizi pada saat hamil, dimana asupan gizi pada saat hamil berpengaruh pada pemenuhan kebutuhan zat besi, terutama terjadi pada trimester III. Salah satu indikator penilaian anemia adalah kadar hemoglobin. Kita bisa mengetahui kadar Hb dengan cara melakukan pemeriksaan darah. Kejadian anemia pada ibu hamil jika mempunyai kadar hemoglobin $<11\text{gr}\%$. Tujuan penelitian ini adalah untuk mengetahui gambaran kadar hemoglobin pada ibu hamil trimester III dengan anemia di Puskesmas Gatak Sukoharjo. Jenis penelitian ini adalah deskriptif. Penelitian dilakukan pada 30 ibu hamil Trimester III dengan anemia yang melakukan pemeriksaan di Puskesmas Gatak, Kabupaten Sukoharjo selama periode bulan Juli 2018. Pemeriksaan laboratorium dilakukan dengan menggunakan metode *cyanmeth reagen drabkin* (metode *cyanmethemoglobin*). Hasil penelitian diketahui mayoritas ibu hamil trimester III berusia dewasa awal, berpendidikan SLTA, rutin mengonsumsi tablet Fe mengalami anemia ringan dengan kadar hemoglobin $10,0 - 10,9\text{ gr}\%$.

Kata kunci: anemia, kadar hemoglobin, ibu hamil trimester III



Overview of Hemoglobin Levels in Pregnant Women with Third Trimester with Anemia at Gatak Sukoharjo Health Center

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ABSTRACT

Anemia was an important cause of maternal mortality, especially if the bleeding factor was the cause of maternal death. Anemia or iron (Fe) deficiency in the body in pregnant women due to anemia occurrence at pregnant woman caused nutrient at the time of pregnancy, where nutrient at pregnancy have an in with the accomplishment of ferrum requirement, was especially happened at trimester III. One indicator of assessment of anemia was hemoglobin level. We can find out hemoglobin levels by doing blood tests. Anemia occurs in pregnant women if they have a hemoglobin level <11gr%. The purpose of this study was to determine the description of hemoglobin levels in pregnant women in the third trimester with anemia in Gatak Sukoharjo Health Center. This type of research was descriptive. The study was conducted on 30 third trimester pregnant women with anemia who conducted examinations at Gatak Health Center, Sukoharjo District during the period of July 2018. Laboratory tests were carried out using the Drabkin cyanmeth reagent method (cyanmethemoglobin method). The results of the study revealed that the majority of pregnant women in the third trimester of early adulthood, high school education, routine consumption of Fe tablets had mild anemia with hemoglobin levels of 10.0 - 10.9 gr%.

Keyword: anemia, hemoglobin level, pregnant women in third trimester

