

POLITEKNIK KESEHATAN TANJUNGPURUNING
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Vicha Mardianti

Pengaruh Pemberian Buah Pisang Ambon terhadap Peningkatan kadar Hemoglobin pada ibu hamil Trimester 1 di Puskesmas Wates Lampung Tengah Tahun 2021

49 halaman, 8 tabel, 6 gambar, 10 lampiran

ABSTRAK

Anemia pada masa kehamilan dapat meningkatkan risiko kematian janin selama periode prenatal, bayi lahir sebelum waktunya, risiko perdarahan postpartum, hipertensi dan gagal jantung saat kehamilan, Berat Badan Lahir Rendah (BBLR). Prevalensi anemia ibu hamil di negara berkembang 43% dan 12% pada wanita hamil di negara maju. Kematian maternal disebabkan anemia saat kehamilan secara keseluruhan di dunia 20-40% dari 50.000. Seperti yang kita ketahui bahwa salah satu penyebab perdarahan adalah anemia saat kehamilan. Hal ini membuktikan bahwa kejadian anemia pada ibu hamil masih belum dapat ditangani dengan baik. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian buah pisang ambon terhadap peningkatan kadar hemoglobin pada ibu hamil trimester 1 di Puskesmas Wates Lampung Tengah Tahun 2021.

Penelitian ini merupakan penelitian eksperimen dengan rancangan penelitian *quasy experiment*. Dilakukan pada bulan Februari-April 2021, populasi dalam penelitian ini adalah seluruh ibu hamil trimester I dengan anemia di puskesmas wates lampung tengah, sedangkan sampel yang diambil adalah ibu hamil anemia sebanyak 16 pada kelompok eksperimen dan 16 pada kelompok kontrol diambil dengan metode *purposive sampling*. Pengambilan data dengan wawancara untuk mengetahui karakteristik responden serta mengukur kadar Hb ibu hamil pretest dan post test. Analisis data menggunakan uji *independent T test* untuk mengetahui pengaruh pemberian buah pisang ambon pada ibu hamil trimester 1 dengan anemia.

Hasil penelitian didapatn bahwa rata-rata kenaikan kadar hemoglobin ibu hamil pada kelompok eksperimen adalah sebesar 1.643 gr% sedangkan rata-rata kenaikan kadar hemoglobin pada kelompok kontrol sebesar 0,625 gr%. Ada pengaruh pemberian buah pisang ambon terhadap peningkatan kadar hemoglobin ($p\text{-value} = 0,000$) pada ibu hamil trimester I dengan anemia di Puskesmas Wates Lampung Tengah.

Kata Kunci : Pisang ambon, Kadar Hemoglobin, Anemia
Sumber bacaan : bacaan

TANJUNGPURONG HEALTH POLYTECHNIC
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Vicha Mardianti

The Effect of Giving Ambon Banana to Increased Hemoglobin Levels in Trimester
1 Pregnant Women at Wates Central Lampung Public Health Center in 2021

49pages, 8 tables, 6 pictures, 10 attachments

ABSTRACT

Anemia during pregnancy can increase the risk of fetal death during the prenatal period, the baby is born prematurely, the risk of postpartum hemorrhage, hypertension and heart failure during pregnancy, Low Birth Weight (LBW). The prevalence of anemia in pregnant women in developing countries is 43% and 12% in pregnant women in developed countries. Maternal mortality due to anemia during pregnancy as a whole in the world 20-40% of 50,000. As we know that one of the causes of bleeding is anemia during pregnancy. This proves that the incidence of anemia in pregnant women cannot be handled properly. The purpose of this study was to determine the effect of giving Ambon bananas on the increase in hemoglobin levels in pregnant women in the first trimester at Wates Central Lampung Public Health Center in 2021.

This research is an experimental research with a quasy experimental research design. Conducted in February-April 2021, the population in this study were all trimester I pregnant women with anemia in Wates Lampung Tengah public health center, while the samples taken were 16 anemia pregnant women in the experimental group and 16 in the control group taken by purposive sampling method. Retrieval of data by interview to determine the characteristics of the respondents and to measure the hemoglobin levels of pregnant women in the pretest and posttest. Data analysis used the independent T test to determine the effect of giving Ambon banana fruit to pregnant women in the first trimester with anemia. The results showed that the average increase in hemoglobin levels of pregnant women in the experimental group was 1,643 g%, while the average increase in hemoglobin levels in the control group was 0.625 g%. There is an effect of giving Ambon bananas on the increase in hemoglobin levels (p -value = 0,000) in the first trimester pregnant women with anemia at the Wates Central Lampung Health Center.

Keywords : Ambon banana, Hemoglobin Levels, Anemia

Sources of reading : reading