

**POLITEKNIK KESEHATAN TANJUNGPURANG**  
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**Perbandingan Hemoglobin, Hematokrit, Jumlah Eritrosit dan Indeks Eritrosit Sebelum dan Sesudah Konsumsi Tablet Fe pada Siswi SMPN Batu Ketulis**

xiii + 46 halaman, 6 tabel, 6 gambar, dan 14 lampiran

**ABSTRAK**

Angka kejadian anemia pada remaja putri sampai saat ini masih cukup tinggi. Penatalaksanaan kasus anemia dapat dilakukan dengan berbagai cara seperti mengonsumsi tablet Fe. Efektifitas program pemberian tablet Fe dapat diukur dengan mengevaluasi beberapa parameter laboratorium diantaranya Hb, Ht, jumlah eritrosit dan indeks eritrosit, untuk melihat pengaruh pemberian tablet Fe pada level sel atau perbaikan derajat anemia. Tujuan penelitian ini mengetahui bagaimana perbandingan Hb, Ht, jumlah eritrosit dan indeks eritrosit sebelum dan sesudah konsumsi tablet Fe pada siswi SMPN Batu Ketulis. Jenis penelitian adalah *Quasy Eksperimental* dengan desain penelitian *One Group Pretest-Posttest* menggunakan uji analisa *Paired t test* dan uji *Wilcoxon*. Penelitian dilakukan di SMPN Batu Ketulis dan pemeriksaan Hb, Ht, jumlah eritrosit dan indeks eritrosit dilakukan di laboratotium Puskemas Batu Ketulis pada bulan Maret sampai Mei 2022. Populasinya adalah seluruh siswi di SMPN Batu Ketulis dan sampelnya sebanyak 38 siswi yang memenuhi kriteria inklusi dan eksklusi. Hasil penelitian menunjukkan bahwa ada perbedaan hemoglobin sebelum dan sesudah konsumsi tablet Fe dengan  $p=0,0001$ , hematokrit  $p=0,0008$ , MCV  $p=0,0228$ , MCH  $p=0,0001$ , MCHC  $p=0,0031$  dan tidak ada perbedaan jumlah eritrosit dengan nilai  $p=0,4457$ .

Kata Kunci : indeks eritrosit, tablet Fe, siswi SMP

Daftar Bacaan : 38 (2008-2021)

TANJUNGPURANG HEALTH POLYTECHNIC  
MEDICAL LABORATORY TECHNOLOGY STUDY PROGRAM  
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Comparison of Hemoglobin, Hematocrit, Erythrocyte Count and Erythrocyte Index Before and After Consumption of Fe Tablets in Students of SMPN Batu Ketulis

xiii + 46 pages, 6 tables, 6 pictures and 14 attachments

ABSTRACT

The incidence of anemia in adolescent girls is still quite high. Management of anemia cases can be done in various ways, such as taking Fe tablets. The effectiveness of the Fe tablet administration program can be measured by evaluating several laboratory parameters including Hb, Ht, erythrocyte count and erythrocyte index, to see the effect of giving Fe tablets at the cellular level or improving the degree of anemia. The purpose of this study was to determine how the ratio of Hb, Ht, erythrocyte count and erythrocyte index before and after consumption of Fe tablets to students of SMPN Batu Ketulis. The type of research is Quasy Experimental with One Group Pretest-Posttest research design using Paired t test analysis and Wilcoxon test. The study was conducted at SMPN Batu Ketulis and examination of Hb, Ht, erythrocyte count and erythrocyte index was carried out at the Batu Ketulis Public Health Center laboratory from March to May 2022. The population was all students at SMPN Batu Ketulis and the sample was 38 students who met the inclusion and exclusion criteria. The results showed that there was a difference in hemoglobin before and after taking Fe tablets with  $p=0.0001$ , hematocrit  $p=0.0008$ , MCV  $p=0.0228$ , MCH  $p=0.0001$ , MCHC  $p=0.0031$  and no difference in the number of erythrocytes with  $p$  value = 0.4457.

Keywords : erythrocyte index, Fe tablets, junior high school students

Reading List : 38 (2008-2021)