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Revita Dinda Rinjani

Pengaruh Jus Buah Naga Merah (*Hylocereus Polyrhizus*) Terhadap Peningkatan Kadar Hemoglobin Pada Ibu Hamil Trimester III di Puskesmas Ganjar Agung Kota Metro

xvii + 41 halaman + 8 tabel + 5 gambar + 16 lampiran

ABSTRAK

Sebagian besar wanita mengalami anemia disaat hamil, baik dinegara maju maupun negara berkembang. *World health organization* (WHO) memperkirakan 35 – 75% di negara berkembang yang mengalami anemia dan 18% di negara maju yang mengalami anemia. Di Provinsi Lampung ibu hamil yang mengalami anemia yaitu sebesar 5,5% dari 160.016 ibu hamil sedangkan di Kota Metro prevalensi anemia pada ibu hamil sebesar 11,4%, dimana Puskesmas Ganjar Agung merupakan puskesmas yang memiliki jumlah ibu hamil yang mengalami anemia tertinggi yaitu sebesar 29,7% dari 273 ibu hamil. Penyebab anemia dalam kehamilan disebabkan oleh kekurangan zat besi dikarenakan kurangnya pemasukan unsur besi dalam makanan, gangguan reabsorpsi, atau akibat banyaknya zat besi yang keluar dari dalam tubuh seperti perdarahan. Tujuan dari penelitian ini adalah untuk mengetahui apakah ada pengaruh jus buah naga merah terhadap peningkatan kadar hemoglobin pada ibu hamil trimester III di Puskesmas Ganjar Agung Kota Metro.

Jenis penelitian ini dengan desain quasi eskperiment dan rancangan *two group pretest-posttest*. Populasi dalam penelitian ini seluruh ibu hamil trimester III yang mengalami anemia di Puskesmas Ganjar Agung Kota Metro dengan jumlah 20 ibu hamil yang akan dijadikan sampel dengan teknik purposive sampling. Instrumen pengumpulan data menggunakan kuisioner dan lembar observasi penilaian hasil kadar hemoglobin pada ibu hamil trimester III. Analisis data secara univariat untuk mengetahui rata-rata kadar hemoglobin pada tiap-tiap variabel dan analisis bivariate menggunakan uji *Paired t-test*.

Hasil analisis univariat menunjukkan rata-rata kadar hemoglobin pada ibu hamil trimester III sebelum dilakukan pemberian jus buah sebagian besar anemia sedang yaitu 9,850 gr/dL dengan standar deviasi 0,7948 dan rata-rata kadar hemoglobin pada ibu hamil trimester III sebelum dilakukan pemberian jus buah sebagian besar tidak anemia yaitu 11,410 gr/dL dengan standar deviasi 0,4864. Hasil analisis bivariate menunjukkan ada pengaruh yang signifikan pada pemberian jus buah naga merah terhadap kadar hemoglobin pada ibu hamil trimester III dengan (P value = 0,000).

Kesimpulan dari penelitian ini terdapat pengaruh pemberian jus buah naga merah terhadap peningkatan kadar hemoglobin pada ibu hamil trimester III di Puskesmas Ganjar Agung Kota Metro. Maka upaya yang dapat dilakukan bagi ibu hamil dengan anemia yaitu mengkonsumsi jus buah naga merah selama 30 hari.

Kata Kunci : Jus buah naga merah, kadar hemoglobin, ibu hamil TM 3

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**TANJUNGPURBA HEALTH POLYTECHNIC
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Revita Dinda Rinjani

The Effect of Red Dragon Fruit Juice (*Hylocereus Polyrhizus*) on Increasing Hemoglobin Levels in Trimester III Pregnant Women at Ganjar Agung Health Center, Metro City

xvii + 41 pages + 8 tables + 5 figures + 16 attachments

ABSTRACT

Most women experience anemia during pregnancy, both in developed and developing countries. World health organization (WHO) estimates that 35 - 75% in developing countries experience anemia and 18% in developed countries experience anemia. In Lampung Province, pregnant women who experience anemia are 5.5% of 160,016 pregnant women while in Metro City the prevalence of anemia in pregnant women is 11.4%, where Puskesmas Ganjar Agung is a health center that has the highest number of pregnant women who experience anemia, which is 29.7% of 273 pregnant women. The cause of anemia in pregnancy is caused by iron deficiency due to lack of iron intake in the diet, reabsorption disorders, or due to the amount of iron that leaves the body such as bleeding. The purpose of this study was to determine whether there is an effect of red dragon fruit juice on increasing hemoglobin levels in third trimester pregnant women at the Ganjar Agung Health Center in Metro City.

This type of research with quasi-experiment design and two group pretest-posttest design. The population in this study were all third trimester pregnant women who experienced anemia at Puskesmas Ganjar Agung Metro City with a total of 20 pregnant women who would be sampled using purposive sampling technique. Data collection instruments using questionnaires and observation sheets assessing the results of hemoglobin levels in third trimester pregnant women. Univariate data analysis to determine the average hemoglobin levels in each variable and bivariate analysis using Paired t-test.

The results of univariate analysis showed that the average hemoglobin level in third trimester pregnant women before giving fruit juice was mostly moderate anemia, namely 9.850 gr/dL with a standard deviation of 0.7948 and the average hemoglobin level in third trimester pregnant women before giving fruit juice was mostly not anemia, namely 11.410 gr/dL with a standard deviation of 0.4864. The results of bivariate analysis showed there was a significant effect on the administration of red dragon fruit juice on hemoglobin levels in third trimester pregnant women with (P value = 0.000).

The conclusion of this study is that there is an effect of giving red dragon fruit juice to increase hemoglobin levels in third trimester pregnant women at the Ganjar Agung Health Center in Metro City. So the effort that can be done for pregnant women with anemia is to consume red dragon fruit juice for 30 days.

Keywords : Red dragon fruit juice, hemoglobin levels, pregnant women TM 3

Reading List : 27 (2014-2023)