

**POLITEKNIK KESEHATAN TANJUNGPURUN  
JURUSAN ANALIS KESEHATAN  
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Siti Husnia

Gambaran Kadar Hemoglobin pada Ibu Hamil di Puskesmas Way Jepara,  
Lampung Timur Tahun 2020

xvi + 31 halaman, 2 tabel, 2 gambar, dan 9 lampiran

**ABSTRAK**

Ibu hamil akan mengalami peningkatan jumlah volume darah sebesar 45%, peningkatan volume plasma 50%, sedangkan eritrosit 25%. Hal tersebut menyebabkan hipervolemia (kondisi ketika kadar bagian yang cair pada darah terlalu tinggi) yang membuat kadar hemoglobin ibu hamil rendah (anemia). Penelitian ini bertujuan melihat gambaran kadar hemoglobin ibu hamil di Puskesmas Way Jepara Tahun 2020 yang bersifat deskriptif. Tempat penelitian di Puskesmas Way Jepara Lampung Timur, populasi ibu hamil yang berjumlah 686. Sampel penelitian yang memenuhi kriteria inklusi sebanyak 494 sampel. Data yang diperoleh dianalisa secara univariat. Hasil penelitian ini menunjukkan data distribusi frekuensi pada 494 ibu hamil kadar hemoglobin tertinggi 15,1 gr/dL, terendah 6,7 gr/dL, dan rata-rata hemoglobin 11,3 gr/dL. Persentase berdasarkan kadar hemoglobin sebanyak 182 ibu hamil (36,84%) rendah (anemia), terdapat 312 (63,15%) normal, dan tidak ada ibu hamil (0%) yang memiliki hemoglobin tinggi. Kadar hemoglobin berdasarkan trimester kehamilan didapatkan hasil pada trimester pertama dengan jumlah 120 sampel sebanyak 10 ibu hamil(8,33%) memiliki hemoglobin rendah dan 110 ibu hamil (91,67%) normal. Pada trimester kedua, dengan jumlah sampel 163 ibu hamil sebanyak 54 (33,13%) rendah, dan 109 ibu hamil (66,87%) normal. Trimester ketiga dengan jumlah sampel 211 terdapat 94 ibu hamil (44,55%) rendah dan sebanyak 117 ibu hamil (55,45%) normal.

Kata kunci : Ibu hamil, Hemoglobin  
Daftar bacaan : 34 (1998-2020)

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Overview of Hemoglobin Levels in Pregnant Women at Way Jepara Health Center, East Lampung in 2020

xvi + 31 pages, 2 tables, 2 pictures and 9 attachments

**ABSTRACT**

Pregnant women will experience an increase in blood volume by 45%, an increase in plasma volume by 50%, while erythrocytes by 25%. This causes hypervolemia (condition when the level of the liquid part of the blood is too high) which makes the hemoglobin level of pregnant women low (anemia). This study aims to see a descriptive description of the hemoglobin levels of pregnant women at the Way Jepara Health Center in 2020. The research site was in Way Jepara Health Center, East Lampung, the population of pregnant women was 686. The research sample that met the inclusion criteria was 494 samples. The data obtained were analyzed univariately. The results of this study showed that the frequency distribution data for 494 pregnant women had the highest hemoglobin level of 15.1 g/dL, the lowest was 6.7 g/dL, and the average hemoglobin level was 11.3 g/dL. Percentages based on hemoglobin levels were 182 pregnant women (36.84%) low (anemia), 312 (63.15%) were normal, and no pregnant women (0%) had high hemoglobin. Hemoglobin levels based on trimester of pregnancy were obtained in the first trimester with a total of 120 samples of 10 pregnant women (8.33%) had low hemoglobin and 110 pregnant women (91.67%) were normal. In the second trimester, with a sample of 163 pregnant women, 54 (33.13%) were low, and 109 pregnant women (66.87%) were normal. The third trimester with a total sample of 211 there were 94 pregnant women (44.55%) low and as many as 117 pregnant women (55.45%) normal.

Keywords: Pregnant women, Hemoglobin

Reading list : 34 (1998-2020)