

POLITEKNIK KESEHATAN TANJUNGGARANG JURUSAN GIZI

Tugas Akhir, Juni 2023

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Gambaran Pengetahuan Tentang Gizi, Kadar Hb, Asupan Fe, Pelancar dan Penghambat pada Ibu Hamil Di Kelas Ibu Hamil Desa Tanjung Sari Kecamatan Natar Lampung Selatan Tahun 2023

xii + 56 halaman + 7 tabel + 2 gambar

ABSTRAK

Kurangnya asupan zat besi disebabkan oleh kekurangan jumlah zat besi yang dikonsumsi dan dampak penyerapan zat besi. Variasi penyerapan zat besi disebabkan oleh perubahan fisiologis tubuh ibu hamil sehingga meningkatkan kebutuhan zat besi bagi tubuh, tipe zat besi yang dikonsumsi dan faktor diet yang mempercepat (*enhancer*) dan menghambat (*inhibitor*) penyerapan zat besi. Dari kekurangan zat besi tersebut dapat menimbulkan anemia pada Ibu hamil. Menurut data dinas kesehatan prevalensi kejadian anemia di Desa Tanjung Sari kecamatan Natar Lampung Selatan anemia mencapai 35% dari 1.574 jumlah ibu hamil pada tahun 2019

Metode penelitian yang digunakan adalah penelitian deskriptif dengan populasi dan sampel sebanyak 32 ibu hamil. Lokasi penelitian dilaksanakan di Puskesmas Desa Tanjung Sari, Kecamatan Natar, Kabupaten Lampung Selatan. Fokus penelitian ini terhadap gambaran zat gizi dan pengetahuan asupan zat besi, *Enhancer*, dan *inhibitor* pada Ibu hamil.

Berdasarkan hasil penelitian mengenai pengetahuan asupan Fe (zat besi), *enhancer* dan *inhibitor* pada ibu hamil di kelas ibu hamil Desa Tanjung Sari menunjukkan hasil yang baik. Dalam hal pengetahuan pengetahuan tentang gizi Ibu Hamil (75%) menunjukkan pemahaman yang baik dengan rata-rata skor 82,36. Hasil ini sejalan dengan status gizi ibu hamil di desa tersebut yang sebagian besar dikategorikan dalam kategori cukup. Kemudian untuk asupan Zat Besi Ibu hamil adalah sebesar 34,4% kurang dan 65,6% cukup. Asupan *enhancer* yang telah mengonsumsi ≥ 1 kali jenis *enhancer* sebesar 71,9%. Selanjutnya untuk asupan *inhibitor* yang telah mengonsumsi ≥ 1 kali jenis *inhibitor* sebesar 15,6%. Anemia pada ibu hamil diperoleh 25%.

Dengan pengetahuan Ibu Hamil yang baik, asupan *enhancer* yang cukup serta rendahnya konsumsi *inhibitor*, kejadian anemia di kelas ibu hamil Desa Tanjung Sari terbilang rendah. Diharapkan untuk Ibu hamil untuk meningkatkan pengetahuan tentang anemia terutama mengenai cara dan upaya pencegahan anemia, patuh dalam mengonsumsi tablet Fe, memantau terus status gizi, serta tahu pentingnya mengonsumsi makanan sumber *enhancer* (pelancar) dan menghindari makanan sumber *inhibitor* (penghambat).

Kata Kunci : Ibu Hamil, Gizi, Pengetahuan, Zat Besi, Anemia
Daftar Bacaan : 21 (2011-2022)

TANJUNGGARANG HEALTH POLYTECHNIC DEPARTMENT OF NUTRITION

Final Project Proposal, June 2023

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Description of Nutritional Knowledge, Hb Levels, Fe Intake, Launcher and Inhibit in Pregnant Women in the Class of Pregnant Women in Tanjung Sari Village, Natar District, South Lampung in 2023

xii + 56 pages + 7 tables + 2 picture

ABSTRACT

Lack of iron intake is caused by a deficiency in the amount of iron consumed and the impact of iron absorption. Variations in iron absorption are caused by physiological changes in the body of pregnant women that increase the body's need for iron, the type of iron consumed and dietary factors that accelerate (enhancer) and inhibit (inhibitor) absorption of iron. From this iron deficiency can cause anemia in pregnant women. According to data from the health office, the prevalence of anemia in Tanjung Sari Village, Natar Lampung Selatan subdistrict, anemia reached 35% of 1,574 pregnant women in 2019.

The research method used is descriptive research with a population and sample of 32 pregnant women. The research location was carried out at the Tanjung Sari Village Health Center, Natar District, South Lampung Regency. The focus of this research is on the nutritional description and knowledge of iron intake, enhancers, and iron inhibitors in pregnant women.

Based on the results of research on knowledge of Fe (iron) intake, enhancers, and inhibitors in pregnant women in the Tanjung Sari Village class of pregnant women showed good results. In terms of knowledge about the nutrition of pregnant women (75%) showed a good understanding with an average score of 82.36. This result is in line with the nutritional status of pregnant women in the village, most of whom are categorized as sufficient. Then for pregnant women's iron intake, it is 34.4% lacking and 65.6% sufficient. The intake of enhancers who had consumed ≥ 1 times the type of iron enhancer was 71.9%. Furthermore, the intake of inhibitors that have consumed ≥ 1 times the type of iron inhibitor is 15.6%. Anemia in pregnant women obtained 25%.

With good knowledge of pregnant women, sufficient intake of enhancers and low consumption of inhibitors, the incidence of anemia in the class of pregnant women in Tanjung Sari Village is relatively low. It is expected that pregnant women will increase their knowledge about anemia, especially regarding ways and efforts to prevent anemia, be obedient in consuming Fe tablets, continue to monitor their nutritional status, as well as knowing the importance of consuming food sources of enhancers (facilitators) and avoiding food sources of inhibitors (blockers).

Keywords: Pregnant Women, Nutrition, Knowledge, Iron, Anemia
Reading List : 21 (2011-2022)