

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
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Pengaruh Pemberian Telur Ayam Rebus Dan Tablet Tambah Darah Terhadap Peningkatan Kadar Hemoglobin Pada Remaja Putri Di MTS Darussalam Kecamatan Ngambur.

xvii + 49 halaman + 11 tabel, 4 gambar, 9 lampiran.

ABSTRAK

Anemia pada remaja putri di Indonesia masih cukup tinggi. Anemia pada remaja jika tidak tertangani akan berlanjut hingga dewasa dan berkontribusi besar terhadap AKI, bayi lahir prematur, dan bayi berat lahir rendah. Anemia pada remaja menyebabkan lekas lelah, konsentrasi belajar menurun, prestasi belajar rendah dan dapat menurunkan daya tahan tubuh. Salah satu cara pencegahan bisa dilakukan dengan mengonsumsi telur ayam rebus dan tablet tambah darah.

Tujuan dilakukan penelitian ini untuk mengetahui pengaruh pemberian telur ayam rebus dan tablet tambah darah terhadap peningkatan kadar hemoglobin remaja putri di MTS Darussalam Kecamatan Ngambur.

Desain penelitian menggunakan *quasi eksperiment* dengan pendekatan *one group pretest posttest design*. Teknik pengambilan sampel menggunakan *purposive sampling*, sampel digunakan sebanyak 18 remaja putri. Kelompok perlakuan diberikan telur ayam rebus dan tablet tambah darah., waktu penelitian ini adalah selama 14 hari penuh. Uji analisis data menggunakan *Paired t-test*.

Hasil penelitian menunjukkan bahwa sebelum pemberian telur ayam rebus dan tablet tambah darah anemia 13 orang (72.2%). Setelah pemberian telur ayam rebus dan tablet tambah darah anemia 2 orang (11.1%). Hasil uji statistik *p value* sebesar 0,000 ($p < 0,05$). Dapat disimpulkan ada pengaruh pemberian telur ayam rebus dan tablet tambah darah terhadap peningkatan kadar hemoglobin pada remaja putri di MTS Darussalam Kecamatan Ngambur tahun 2025.

Kata Kunci : Remaja putri, Hemoglobin, Telur Ayam, Tablet tambah darah

Daftar Bacaan : 53 (2015-2024)

**HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH
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The Effect of Boiled Chicken Eggs and Iron Tablets Supplementation on Hemoglobin Level Improvement in Adolescent Girls at MTS Darussalam in Ngambur District.

xvii + 49 page+11 tables, 4 figures, 9 attachments.

ABSTRACT

Anemia among adolescent girls in Indonesia remains considerably high. If left untreated, anemia during adolescence can persist into adulthood and significantly contribute to maternal mortality, premature births, and low birth weight infants. In adolescents, anemia can lead to fatigue, decreased concentration, poor academic performance, and a weakened immune system. One of the preventive measures that can be taken is the consumption of boiled chicken eggs and iron supplements.

This study aimed to determine the effect of boiled chicken egg and iron tablet supplementation on increasing haemoglobin levels among adolescent girls at MTS Darussalam, Ngambur Subdistrict.

The study used a quasi-experimental design with a one-group pretest-posttest approach. The sampling technique was purposive sampling, involving 18 female adolescents as participants. The treatment group was given boiled chicken eggs and iron supplements. The study was conducted over a period of 14 consecutive days. Data were analyzed using the paired t-test.

The results of the study showed that before giving boiled chicken eggs and blood-boosting tablets, 13 people (72.2%) had anemia. After giving boiled chicken eggs and blood-boosting tablets, 2 people (11.1%) had anemia. The statistical test yielded a p-value of 0.000 ($p < 0.05$). It can be concluded that the provision of boiled chicken eggs and iron supplements has a significant effect on increasing hemoglobin levels among female adolescents at MTS Darussalam, Ngambur Subdistrict, in 2025.

Keywords : Adolescent Girls, Hemoglobin, Chicken Eggs, Iron Tablets Supplementation

Reading List : 53 (2015-2024)