

**PENGARUH SUPLEMENTASI FE + VITAMIN C + ZINC TERHADAP
PENINGKATAN KADAR HB DAN PRODUKTIFITAS TENAGA KERJA WANITA
DI PT MAYANGSARI JEMBER**

ANI INTIYATI

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VITAMINS - THERAPEUTICS USE

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The objective of this research is going to learn the effect of Fe + Vitamin C + Zinc supplementation to the increasing of Hb level, physical health and the productivity in women workes in PT Mayangsari Jember. Research samples were women worker that fulfill certain conditions, the obtained samples are 36 peoples then devided to three groups. Group I (n = 12) get Fe (60 mg) and Vit C (50 mg), group II (n=12) get Fe (60 mg) + Vit C (50 mg) + Zinc (25 mg) ang group III get Fe (60 mg). Where are Fe + Vit C and Zinc administrate for 2 months with frequency 2 times for a week. This studi was true experimental by using randomized pretest-postest the control group research design. Hb level was measured after supplementation by using cyanmethemoglobin method. After supplementation increase in all groups 3,44 gram/dl, 4,40 gram/dl and 2,04 gram/dl, physical healthy increase in all group 3,92 x / minutes, 6,41 x / minutes, 4,26 x / minutes and productivity increase in all

group 2,11 kg/woman/day, 2,34/woman/day and 2,02/woman/day. There was correlation increased Hb level and increased physical healthy ($p = 0,048$) but there was not correlation increased Hb level and productivity ($p = 0,292$). It was suggested to performed further research about the effect of giving Fe + Vitamin C + Zinc to physical healthy increase and productivity.

Keywords : Anemia, iron, ascorbic, zinc, physical health, productivity.

