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

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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 workers in PT Mayangsari Jember. Research samples were women workers that fulfill certain conditions, the obtained samples are 36 people then divided into 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) and group III get Fe (60 mg). Where Fe + Vit C and Zinc administrate for 2 months with frequency 2 times for a week. This study was true experimental by using randomized pretest-posttest 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 health (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.