RINGKASAN

Kadar hemoglobin (Hb) ibu hamil dipengaruhi oleh konsumsi sulfa ferrus (SF). Dalam kehamilan terjadi proses hemodelusi dimana volume darah meningkat tetapi tidak diikuti dengan peningkatan massa sel darah merah. Masalah dari penelitian ini adalah cakupan SF 3 yang tinggi (79,4%) namun kejadian anemia sebesar 45%. Tujuan penelitian ini adalah untuk mengetahui perbedaan konsumsi SF terhadap kadar Hb .

Metode penelitian ini adalah analitik berdesain *cross sectional.* Populasinya adalah ibu hamil usia kehamilan > 34 minggu yang memeriksakan ke Poliklinik KIA/KB Puskesmas Alak tanggal 7-30 Nopember 2010 berjumlah 35 orang. Sampel diambil dengan teknik *simple random sampling.* Besar sampel 32 responden. Variabel independen adalah konsumsi SF, variabel dependen adalah kadar Hb. Instrument yang digunakan kuesioner dan lembar pengumpul data dan rekam medik. Analisis data menggunakan uji Man-Whitney.

Hasil penelitian menunjukkan dari 32 responden sebagian besar (62.5%) dengan kadar Hb 9-10gr % sebelum mengkonsumsi tablet SF, selama kehamilan sebagian besar responden (59.4%) mengkonsumsi SF ≥ 90 tablet, sebagian besar responden (84,2%) mengalami peningkatan kadar Hb setelah mengkonsumsi tablet SF. Hasil uji Mann-Whitney, U hitung < dari U kritis dengan α 0.05 diperoleh angka *significancy* sebesar 0.003 artinya ada perbedaan bermakna kadar hb antara yang mengkonsumsi ≥ 90 tablet dengan < 90 tablet.

Kesimpulan penelitian ini, sebagian besar ibu hamil mengkonsumsi ≥ 90 tablet mengalami peningkatan kadar Hb. Dan ada perbedaan kadar Hb antara yang mengkonsumsi ≥ 90 tablet dan < 90 tablet. Untuk mencegah rendahnya kadar Hb dalam kehamilan ibu hamil harus mengkonsumsi ≥ 90 tablet selama kehamilannya.

ABSTRACT

Hemoglobin (Hb) level is influenced by sulfa ferrous (sf) consumption. In pregnancy hemodelusion could be occurred where blood volume increase but it is not followed by red cells mass increase. Problem of research was high SF 3 scope (79,4%) but anemia incidence was 45%. This research aimed to identify SF consumption difference on Hb level.

Research method was analytic with cross sectional design. Population was pregnant woman with gestational age > 34 weeks who visited policlinic KIA/KB Puskesmas (Public Health Center) Alak on November 7th to 30th, 2010 with 35 respondents. Sample was collected by simple random sampling technique, sample size were 32 respondents. The independent variable was Sf concumption and the dependent variable is a Hb level. Instrument used was questionnaire and data collecting sheet, primary data source and medical record. Analysis data used Mann-Whitney test.

Research result showed that of 32 respondents most of them (62,5%) had hb level 9-10 gr% before consuming SF, in pregnant most of them (59,4%) consuming SF ≥ 90 tablets.most of them (84,2%) increased their Hb level after consuming SF tablets. Of Mann-Whitney test U count < U critical indicating that there was Hb level difference between those who consumed ≥ 90 tablets and those who consumed < 90 tablets.

It could be concluded that most of pregnant women who consumed ≥ 90 tablets increased their Hb level. And there is difference of Hb level between those who consumed ≥ 90 tablets and those who consumed < 90 tablets. To prevent low Hb level in gestational period pregnant woman should consume ≥ 90 tablets during their pregnancy.

Keywords : Sulffa Ferrus, hemoglobin level