

**EFEK SUPLEMENTASI TABLET BESI FOLAT SATU MINGGU SEKALI TERHADAP  
KENAIKAN KADAR HEMOGLOBIN DAN STATUS GIZI PEKERJA WANITA  
ANEMIA DI PERUSAHAAN SARANG BURUNG WALLET**

**Artikel Penelitian**

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**THE EFFECT OF FOLAT IRON TABLETS SUPPLEMENTATION ONCE A WEEK TO THE  
HEMOGLOBIN LEVEL AND NUTRITIONAL STATUS ON FEMALE WORKERS AT NEST  
SWALLOW COMPANY**

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**ABSTRACT**

**Background :** Iron Deficiency anemia is a mayor nutritional problem in Indonesia, that is experienced particularly by female worker. The iron deficiency anemia is caused by low intake of protein, iron and vitamin. Further more, females have a high risk to suffer from iron deficiency anemia due to menstruation, pregnant and lactation. A study conducted to know the effect of folat iron supplementation to the hemoglobin level and nutritional status of females who has an anemia.

**Method :** This study used experimental design conducted in nest swallow company Banyumanik, Semarang. This study involved 29 anemic female workers who were choosen purposively with the criteria work in the area of study, not pregnant and free TBC or cancer during the study. Data from collected included the respondent characteristics, the food habits collected by food frekwensi method, intake collecting food recall, nutritional status and hemoglobin level that was measured in the beginning and the end of study. Folat iron supplementation was given once a week for 8 weeks. Three days before intervention the respondents was given a single doses of vermox that contains 500 mg of mebendazol.

**Result :** Prevalency of anemia was 22,82 % and after intervention decreased as 4,72 %. The nutrients intake was lower than RDA and the mean of BMI was no change after and before intervention while the mean score for food habits was 18,52±3,77 categorized as enough.

**Conclusion :** There hemoglobin level was effected by supplementation of tablets folat iron once weekly during eight weeks but the supplementation did not influence the nutritional status.

**Key words :** Female workers, nutritional anemia, folat iron tablets supplement.

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**Abstrak**

**Latar Belakang** Anemia gizi merupakan salah satu masalah gizi utama di Indonesia, sebagian besar anemia gizi ini adalah anemia gizi besi. Anemia pada wanita kemungkinan disebabkan karena asupan makanan yang sedikit mengandung protein, zat besi dan vitamin. Resiko wanita relatif lebih tinggi untuk menderita anemia karena menstruasi, hamil dan menyusui anak. Penelitian dilaksanakan untuk mengetahui efek suplementasi tablet besi folat terhadap kenaikan kadar hemoglobin dan status gizi pekerja wanita anemia.

**Metode** Penelitian merupakan studi eksperimental /intervensi di lapangan, selama 8 minggu dari bulan September-Oktober 2005 di perusahaan sarang burung wallet, Banyumanik, Semarang. Responden 29 wanita anemia, diambil secara purposif. Kriteria responden adalah pekerja wanita usia subur, tidak sedang hamil dan tidak TBC atau penyakit keganasan. Data dikumpulkan meliputi karakteristik responden, kebiasaan makan dengan *food frekwensi*, jumlah konsumsi dengan *recall*, Status gizi dan kadar Hb diukur pada awal dan akhir penelitian. Intervensi berupa besi-folat yang diberikan satu minggu sekali selama 8 minggu. Tiga hari sebelum intervensi diberi obat cacing vermox 500 mg mebendazol dosis tunggal.

**Hasil** Prevalensi anemia sebesar 22,83 %, setelah intervensi menjadi 4,72 %. Konsumsi zat-zat gizi seperti energi, protein, Fe dan vitamin C masih kurang dibanding dengan AKG. Rerata IMT sebelum dan setelah intervensi termasuk dalam kategori normal. Skor rerata kebiasaan makan cukup  $18,52 \pm 3,77$ .

**Kesimpulan :** Ada efek pemberian tablet besi-folat 1 minggu sekali selama 8 minggu, terhadap kenaikan kadar Hb, tetapi tidak terdapat efek terhadap status gizi.

**Kata kunci :** pekerja wanita, anemia gizi, tablet besi folat

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