

PENGARUH SUPLEMENTASI BESI DAN VITAMIN A TERHADAP KADAR
HEMOGLOBIN DAN PRESTASI BELAJAR ANAK SEKOLAH DASAR DI SEKOLAH
DASAR NEGERI 3 NEGLASARI KOTA BANJAR

IRA INDRIATI -- E2A204031
(2006 - Skripsi)

Anemia pada anak sekolah disebabkan karena kekurangan asupan zat besi dan kecacingan. Bank dunia menyatakan bahwa anemia gizi besi pada anak usia sekolah menyebabkan hilangnya 5-10% prestasi belajar. Penanggulangan anemia gizi besi jangka pendek dengan pemberian suplementasi besi dan penanggulangan kecacingan. Pemberian suplementasi besi yang dikombinasikan dengan vitamin A lebih efektif dalam menaikkan kadar Hb. Vitamin A berperan dalam hemopoiesis (pembentukan sel darah merah). Tujuan penelitian ini untuk menganalisis pengaruh suplementasi besi dan vitamin A terhadap kadar Hb dan prestasi belajar anak sekolah dasar di SDN 3 Neglasari Kota Banjar, jumlah sampel 48 orang, jenis penelitian "*quasi eksperimental*", rancangan penelitian "*pretest-posttest with control group design*", kelompok kontrol diberi vitamin A (200.000 SI) satu kali di awal penelitian dan kelompok perlakuan diberi vitamin A (200.000 SI) dan suplementasi besi (60 mg besi elemental) selama 12 minggu, pengambilan data dengan pemeriksaan kadar Hb dan penilaian prestasi belajar anak SD. Selisih rerata kadar Hb responden $1,11 \pm 0,07$ g% pada kelompok kontrol dan pada kelompok perlakuan sebesar $1,77 \pm 0,10$ g%. Selisih rerata prestasi belajar responden $1,10 \pm 0,054$ pada kelompok kontrol dan pada perlakuan $1,92 \pm 0,43$. Ada pengaruh yang bermakna pemberian suplementasi besi dan vitamin A terhadap kadar Hb (*p value* 0,02). Tidak ada pengaruh pemberian suplementasi besi dan vitamin A terhadap prestasi belajar (*p value* 0,11). Disarankan kepada masyarakat lebih meningkatkan pemberian konsumsi sumber besi dan vitamin A. Bagi dinas kesehatan meningkatkan pelaksanaan pemeriksaan kadar Hb pada anak SD di pedesaan dan penanggulangannya. Bagi institusi pendidikan ikut serta dalam penanggulangan anemia anak SD dengan pengajuan pemeriksaan kadar Hb secara rutin kepada Dinkes.

Kata Kunci: Suplementasi besi, Vitamin A, Hemoglobin, Prestasi belajar, Anak Sekolah Dasar

EFFECT OF IRON AND VITAMIN A SUPPLEMENTATION ON HEMOGLOBIN LEVEL AND SCHOOL CHILDREN PERFORMANCE IN SDN 3 NEGLASARI KOTA BANJAR

Anemia on school children caused the lack of iron requirement and worming. The World Bank has expressed that anemia of iron nutrient causing the loss of 5-10% school children performance. The overcoming of short-term anemia is by giving iron supplementation be effective to increase Hb level. The objective of the study was to investigate the effect of iron and vitamin A supplementation on hemoglobin level and school children performance in SDN 3 Neglasari Kota Banjar, amount of sample 48 people, the design of this research was "quasy eksperimental", a research program is pre-test-post-test with control group design, control group giving vitamin A (200.000 SI) and intervention group giving vitamin A (200.000 SI) and iron supplementation (60 mg elemental iron) during 12 week, taking of data by the Hb level and school children performance. The difference average of Hb level is $1,11 \pm 0,07$ g% in control group and in intervention group is $1,77 \pm 0,10$ g%. The difference average of school performance is $1,10 \pm 0,054$ in control group and in intervention group is $1,92 \pm 0,43$. The result of the study showed that the effect iron and vitamin A supplementation could increase Hb level (p value 0,02). The effect iron and vitamin A supplementation could not increase to school children performance (p value 0,11). Be suggested to society to be more increase giving consumption of iron and vitamin A sources. For health institution to increase Hb inspection on school children in village. For education institution participate in the overcoming of anemia on school children by inspection Hb level to health institution.

Keyword: Suplementasi iron, vitamin A, hemoglobin, performance, school children