

EFEK SUPLEMENTASI TABLET BESI, VITAMIN B<sub>12</sub>, ASAM FOLAT DAN VITAMIN C TERHADAP KADAR HEMOGLOBIN DAN PRESTASI BELAJAR SISWA (STUDI PADA SISWA SD KELAS 5 SDN 3 KEDAWUNG SRAGEN DAN SDN 4 KEDAWUNG SRAGEN)

RATNASARI KUSUMAWATI -- E2A002057  
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Anemia gizi pada anak sekolah merupakan masalah serius karena anemia gizi pada anak sekolah dapat menyebabkan kurangnya konsentrasi belajar sehingga dapat menyebabkan turunnya prestasi belajar di sekolah. Prevalensi anemia pada anak SD adalah 30%. Tujuan penelitian ini untuk menganalisis efek suplementasi tablet besi, vitamin B<sub>12</sub>, asam folat dan vitamin C terhadap kadar hemoglobin dan prestasi belajar siswa. Penelitian ini merupakan penelitian *quasy experiment* (eksperimen semu) dengan rancangan *pretest-posttest with control group design*. Sampel dalam penelitian ini berjumlah 44 siswa yang dipilih berdasarkan kriteria inklusi dan eksklusi. Analisa statistik menggunakan uji paired t-test dan independent t-test. Rerata kadar Hb awal perlakuan 10,7 g% dan akhir penelitian 11,9 g% (p=0,000) pada kelompok perlakuan. Rerata kadar Hb awal 10,9 g% dan akhir penelitian 10,9 g% (p=0,86) pada kelompok kontrol. Rerata prestasi belajar responden pada kelompok perlakuan di awal penelitian 3,7 dan akhir 4,2 (p=0,015). Rerata prestasi belajar responden pada awal 2,6 dan akhir penelitian 3 (p=0,011) pada kelompok kontrol. Ada efek pemberian suplementasi tablet besi, vitamin B<sub>12</sub>, asam folat dan vitamin C terhadap kadar Hemoglobin (p=0,000). Tidak ada efek pemberian suplementasi tablet besi, vitamin B<sub>12</sub>, asam folat dan vitamin C terhadap prestasi belajar (p=0,48).

**Kata Kunci:** Suplementasi, Tablet Besi, Vitamin B<sub>12</sub>, Asam Folat, Vitamin C, Anak Sekolah, Kadar Hb, Prestasi Belajar

THE EFFECT OF IRON TABLETS, VITAMIN B<sub>12</sub>, FOLIC ACID AND VITAMIN C SUPPLEMENTATION ON HEMOGLOBIN CONCENTRATION AND LEARNING ACHIEVEMENT (STUDY OF PRYMARY SCHOOL FIFTH GRADE IN SDN3 KEDAWUNG SRAGEN AND SDN 4 KEDAWUNG SRAGEN)

*Iron deficiency in prymary school children are seriously problem because the iron deficiency anemia in school children can effect to concentration and to studying performance. The prevalence of iron deficiency anemia in primary school children which 30%. The objective of the study was to investigate the effect of iron tablets, vitamin B<sub>12</sub>, folic acid and vitamin C supplementation to hemoglobin concentration and learning achievement of primary school children. The design of this study is quasy experiment, a research program is pretest-posttest with control group design. Samples in the study is 44 samples based on inclusive and eksklusive criteria. The statistical analysis is paired sample T-test and independent T-test. The average of hemoglobin concentration on pretest is 10,7 g% and posttest 11,9 g% (p=0,000)in intervention group. The average of hemoglobin concentration on pretest is 10,9 g% and posttest 10,9 g% (p=0,86)in control group. The learning achievement of respondent in intervention group on pretest 3,7 and posttest 4,2 (p=0,015). The learning achievement of respondent in control group on pretest is 2,6 and posttest 3. The result of the study showed that the effect supplementation iron, vitamin B<sub>12</sub>, folic acid and vitamin C to hemoglobin concentration (p=0,000). There's no effect supplementation iron, vitamin B<sub>12</sub>, folic acid and vitamin C to learning achievement(p=0,48)*

*Keyword: Suplementation, Iron Tablet, Vitamin B<sub>12</sub>, Folic Acid, Vitamin C, School Children, Hb Concentration, Studying Achievement.*