

HUBUNGAN TINGKAT KECUKUPAN ENERGI,BESI,PROTEIN, VITAMIN C DENGAN KADAR HEMOGLOBIN PADA IBU HAMIL TRIMESTER III DI PUSKESMAS MANTINGAN NGAWI

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(2005 - Skripsi)

Status gizi ibu hamil sangat mempengaruhi kadar hemoglobin. Beberapa penyebab anemia adalah tingkat kecukupan zat gizi, penyakit infeksi pendarahan kronis, absorpsi besi rendah dan kebutuhan fisiologis tubuh meningkat. Tingkat kecukupan energi, protein, besi dan vitamin C yang kurang atau rendah akan mempengaruhi kadar hemoglobin. Tujuan penelitian ini adalah untuk menganalisis hubungan tingkat kecukupan energi,protein, besi dan vitamin C dengan kadar hemoglobin ibu hamil trimester III. Penelitian ini merupakan penelitian *explanatory research* dengan pendekatan *cross sectional*. sampel dalam penelitian ini adalah ibu hamil trimester III yang memeriksakan kehamilannya ke Puskesmas Mantingan pada bulan April 2005 dengan jumlah 37 ibu hamil. Hubungan kecukupan tingkat energi,protein, vitamin C dengan Hemoglobin menggunakan *Product Moment Pearson*, tingkat kecukupan besi dengan hemoglobin menggunakan uji *Rank Sperman*. Hasil penelitian tingkat kecukupan energi ibu hamil trimester III rata-rata 69,4% + 11,5%, Protein 74,8% + 15,8%, Besi(Fe) 145,4% + 122,2%, Vitamin C 81,2% + 47,9%. Sedang kadar hemoglobin ibu hamil trimester III rata-rata 9,16 gram% + 1,62 gram%, ada hubungan antara kadar hemoglobin dengan tingkat kecukupan energi ($r=0,359, p=0,029$), protein ($r=0,341, p=0,039$), besi ($r=0,829, p=0,001$) dan tidak ada hubungan antara tingkat kecukupan vitamin C dengan hemoglobin ($r=0,261, p=0,119$). Dari hasil penelitian ini maka perlu ditingkatkan penyuluhan kepada ibu hamil trimester III tentang makanan yang bergizi terutama konsumsi zat gizi yang mengandung energi, protein dan zat besi sebagai salah satu upaya untuk mengurangi terjadinya anemia pada ibu hamil trimester III.

Kata Kunci: Tingkat kecukupan energi, protein, besi, Vitamin C, ibu hamil, trimester II hemoglobin

THE CORRELATION BETWEEN ENERGY, PROTEIN, IRON AND VITAMIN C ADEQUACY LEVEL AND HAEMOGLOBIN CONCENTRATION ON PREGNANCY WOMEN IN PUSKESMAS MANTINGAN

Nutritional status on pregnancy women very influenced on haemoglobin concentration. Several causes of anemy were nutrition adequacy level, chronic infection, chronic bleeding, low iron absorbtion and increased demand on human physiologic condition. Low adequacy level energy, protein, iron and vitamine C influenced hemoglobin concentration. The obyective this research was to analyze correlation between energy, protein, fe and vitamine c adequacy level and haemoglobin concentration on pregnancy women trimester III. This research was explanatory research with cross sectional approach. Sampel in this research was included 37 pregnancy women trimester III who controlled their pregnancy in Puskesmas Mantingan on April 2005. The correlation between adequacy level of energy, protein, vitamin C and haemoglobin were analyzed by product moment pearson test, the level adequacy iron and haemoglobin were analyzed by Rank Sperman test. Result of research showed mean of level adequacy energy pregnancy women trimester III were 69,4 + 11,5%, protein were 74,8 + 15,8%, iron were 145,4 + 122,2%, vitamin C were 81,2 + 47,9%, While pregnancy women haemoglobin concentration trimester III mean were 9,16 gram% + 1,62 gram%. there is correlation between haemoglobin concentration level adequacy of energy ($r=0,359, p=0,029$), protein ($r=0,341, p=0.039$), iton ($r=0,829, p=0,0000$) and there is not correlation between haemoglobin concentration and level adequacy of vitamine C ($r=0,261, P=0,119$). It can be recommended to improve education nutrition to pregnancy women trimester III. Especially in energy, protein and ferrum consumption.

Keyword: The level adequacy energy, protein, iron, vitamine C. pregnancy women, trimester III, haemoglobin.