

PENGARUH SUPLEMENTASI TABLET BESI DAN VITAMIN C TERHADAP KADAR Hb DAN PRESTASI BELAJAR SISWA SD KELAS 5 SDN LAWEYAN 54, SURAKARTA TAHUN 2005

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Anemia gizi merupakan salah satu dari empat masalah gizi utama di Indonesia. Selain pada ibu hamil (bumil) dan balita, angka prevalensi anemia pada anak sekolah masih cukup tinggi yaitu kurang lebih 30% di Indonesia. Penyebab utama terjadinya anemia di Indonesia adalah konsumsi besi yang tidak mencukupi dan absorpsi zat besi yang rendah. Pada anak sekolah, anemia dapat mempengaruhi konsentrasi dan prestasi belajar. Penelitian ini bertujuan untuk mengetahui pengaruh antara suplementasi tablet besi dan vitamin C terhadap kadar Hb dan prestasi belajar siswa SD. Penelitian ini merupakan penelitian *quasy experiment* (eksperimen semu) dengan rancangan *one group pretest-posttest design*. Penelitian ini dilakukan di SDN Laweyan 54, Surakarta. Sampel dalam penelitian ini berjumlah 31 responden, yang dipilih secara purposif yaitu siswa dengan status kesehatan yang baik, bersedia menjadi responden dan belum mengalami menstruasi. Analisis statistik untuk mengetahui pengaruh antara variabel menggunakan uji *paired sample t-test* karena data berdistribusi normal.

Rata-rata kadar Hb responden sebelum suplementasi tablet besi dan vitamin C adalah 12,24 g% dan sesudah suplementasi adalah 12,78g%. Nilai rata-rata prestasi belajar responden sebelum suplementasi adalah 5,53 dan sesudah suplementasi adalah 6,22. Ada pengaruh suplementasi tablet besi dan vitamin C terhadap rerata kadar Hb dan prestasi belajar ($p = 0,001$).

Kata Kunci: Suplementasi, Tablet Besi, Vitamin C, Kadar Hb, Anak Sekolah, Prestasi Belajar

THE EFFECT OF IRON TABLETS AND VITAMIN C SUPPLEMENTATION
TO Hb CONCENTRATION AND STUDYING ACHIEVEMENT OF PRIMARY
SCHOOL FIFTH GRADE AT "SDN LAWEYAN 54, SURAKARTA 2005"

Iron deficiency anemia is one of four primary nutrition problem in Indonesia. The Prevalence of iron deficiency anemia in pregnant mother and children under five is mostly high, also in school children which is 30%. The main issue that caused anemia in Indonesia is insufficient of iron intake and iron absorption that still low. Iron deficiency anemia in school children can effect to concentration and to studying performance. The study is conducted to knowing the effect of iron tablets and vitamin C supplementation to Hb concentration and studying achievement of primary school children. The design of this study is quasy experiment research. The subjects of this study was primary school children in fifth grade at "SDN Laweyan 54, Surakarta". Samples in the study is 31 samples and taken by purposif, who has good health condition, willing to participate and not yet has menstruation. The statistical analysis that use to asses the effect of supplementation is paired sample t-test. The result of the study showed: 1)Twice a week iron tablets and vitamin C supplementation increased Hb concentration average from 12.24g% to 12.78g%; 2)The supplementation increased studying achievement from 5.53 to 6.22; 3)There is supplementation effect of iron tablets and vitamin C to Hb concentration average and studying achievement ($p=0.001$)

Keyword: Supplementation, Iron Tablets, Vitamin C, Hb Concentration, School Children, Studying Achievement