

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI DIV KEBIDANAN**

SKRIPSI, MEI 2021

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**PENGARUH PEMBERIAN SARI KURMA TERHADAP KADAR
HEMOGLOBIN IBU HAMIL TM III DI WILAYAH KERJA PUSKESMAS
PAYUNG SEKAKI KOTA PEKANBARU**

xiii+34 halaman+4 tabel+2 bagan+15 lampiran

ABSTRAK

Hemoglobin adalah zat pembawa oksigen dalam sel darah merah. Jika kadar hemoglobin dalam darah rendah maka akan menimbulkan beberapa dampak salah satunya adalah anemia. Buah kurma memiliki beberapa komponen penting yang dapat meningkatkan kadar hemoglobin. Tujuan penelitian ini untuk mengetahui pengaruh pemberian sari kurma terhadap kadar hemoglobin ibu hamil TM III. Sampel berjumlah 20 orang ibu hamil TM III, menggunakan teknik *Purposive Sampling*. Intervensi pemberian sari kurma selama 7 hari sebanyak 3x15 ml per hari. Pengumpulan data menggunakan lembar observasi dan pengukuran kadar hemoglobin. Desain penelitian adalah *Pre-Eksperimental* dengan rancangan *One Group Pretest-Posttest Design*. Penelitian ini dilakukan di wilayah kerja Puskesmas Payung Sekaki pada bulan Januari - Mei 2021. Penelitian ini menggunakan Uji T-dependen, hasil rata-rata kadar hemoglobin ibu hamil TM III sebelum diberikan sari kurma adalah 12,3 g/dL dan sesudah diberikan sari kurma adalah 13,2 g/dL. Berdasarkan hasil uji T-dependen didapatkan *p value* = 0,000 yang artinya ada pengaruh pemberian sari kurma terhadap kadar hemoglobin ibu hamil TM III dengan rata-rata kenaikan sebesar 0,9 g/dL. Disarankan kepada bidan klinik agar dapat memberikan edukasi kepada ibu hamil tentang sari kurma terhadap kadar hemoglobin dan disamping memberikan tablet fe juga disarankan untuk memberikan sari kurma sebagai pendamping tablet fe dalam menjaga kadar hemoglobin.

Kata Kunci : Sari Kurma, Kadar Hemoglobin, Ibu Hamil TM III.

Daftar Pustaka : 37 (2006-2020)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
MIDWIFE DIV STUDY PROGRAM**

SKRIPSI, MAY 2021

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**THE EFFECT OF DATES EXTRACT ON HEMOGLOBIN LEVELS OF
PREGNANT WOMEN TM III IN THE WORKING AREA OF PAYUNG
SEKAKI HEALTH CENTER PEKANBARU CITY**

xiii+34 pages+4 tables+2 charts+15 attachments

ABSTRACT

Hemoglobin is the oxygen-carrying substance in red blood cells. If the level of hemoglobin in the blood is low, it will cause several effects, one of which is anemia. Dates have several important components that can increase hemoglobin levels. The purpose of this study was to determine the effect of giving date palm juice on hemoglobin levels of pregnant women TM III. The sample is 20 pregnant women TM III, using purposive sampling technique. The intervention of giving date juice for 7 days was 3x15 ml per day. Collecting data using observation sheets and measurement of hemoglobin levels. The research design was Pre-Experimental with One Group Pretest-Posttest Design. This research was conducted in the working area of Payung Sekaki Health Center in January - May 2021. This study used a T-dependent test, The results showed that the average hemoglobin level of pregnant women TM III before being given date palm juice was 12.3 g/dL and after being given date juice was 13.2 g/dL. Based on the results of the T-dependent test, it was found that p value = 0.000, which means that there was an effect of giving date juice to the hemoglobin level of pregnant women with an average increase of 0.9 g/dL. It is recommended to clinical midwives to be able to provide education to pregnant women about date palm juice on hemoglobin levels and in addition to giving Fe tablets, it is also recommended to give date palm juice as a companion to Fe tablets in maintaining hemoglobin levels.

**Keywords: Dates Extract, Hemoglobin Level, Pregnant Women TM III.
Bibliography : 37 (2006-2020)**