

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D IV KEBIDANAN**

**SKRIPSI, MEI 2021  
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**PERBEDAAN PEMBERIAN TABLET FE DAN KAPSUL EKSTRAK  
DAUN KELOR TERHADAP KADAR HEMOGLOBIN PADA IBU HAMIL  
TM I DI WILAYAH KERJA PUSKESMAS LANGSAT KOTA  
PEKANBARU**

**VII ± 47 Halaman +3 Bagan +1 Gambar +4 Tabel +18 Lampiran**

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**ABSTRAK**

Di Indonesia umumnya banyak persoalan gizi pada ibu hamil salah satunya anemia. Prevalensi anemia pada ibu hamil di Provinsi Riau khususnya Kota Pekanbaru sebesar 8,1% dan naik hingga 11,2%. Cakupan pemberian tablet Fe pada ibu hamil sudah mendekati standart, namun anemia dalam kehamilan masih banyak terjadi. Secara alternatif kapsul ekstrak daun kelor dapat meningkatkan kadar hemoglobin. Tujuan penelitian ini untuk mengetahui perbedaan pemberian tablet Fe dan kapsul ekstrak daun kelor terhadap kadar hemoglobin pada ibu hamil trimester I. Penelitian dilakukan bulan Januari hingga Mei 2021 di wilayah kerja Puskesmas Langsat Kota Pekanbaru. Jenis penelitian adalah *Quasy Eksperimen* dengan *Two Group Pre Test-Post Test Design*. Populasi penelitian adalah ibu hamil trimester I. Pengambilan sampel menggunakan *purposive sampling* sebanyak 20 orang ibu hamil. Metode pengumpulan data menggunakan metode observasi dan menggunakan lembar observasi. Analisa data dengan uji t-independen. Hasil penelitian menunjukkan tidak ada perbedaan kenaikan kadar hemoglobin pada kelompok tablet Fe dan kapsul ekstrak daun kelor dengan rata-rata kelompok tablet Fe 0.820 g/dL (SD: 0.4492) dan rata-rata kelompok kapsul ekstrak daun kelor 0.710 g/dL (SD: 0.3414). Berdasarkan uji statistik yang didapatkan  $p\text{-value} = 0.545 > 0.05$ . Disarankan untuk bidan memberikan penyuluhan kepada ibu hamil tentang pentingnya mengkonsumsi tablet Fe dan kapsul ekstrak daun kelor untuk meningkatkan kadar hemoglobin.

**Kata Kunci : *Tablet Fe, Kapsul Ekstrak Daun Kelor, Kadar Hemoglobin***  
**Daftar Bacaan : 31 referensi (2007-2021)**

**MINISTRY OF HEALTH OF REPUBLIC OF INDONESIA  
HEALTH POLYTECHNIC OF RIAU**

**D IV MIDWIFERY STUDY**

**THESIS, MAY 2021  
YENNI ERIKA SARI SIREGAR**

**DIFFERENCES IN THE ADMINISTRATION OF FE TABLETS AND  
MORINGA LEAF EXTRACT CAPSULES ON HEMOGLOBIN LEVELS  
IN FIRST TRIMESTER PREGNANT WOMEN IN THE LANGSAT  
PUBLIC HEALTH CENTER WORK AREA PEKANBARU CITY  
VII ± 47 Pages +3 Chart +1 Picture +4 Tables +18 Attachments**

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**ABSTRACT**

*In Indonesia generally there are many nutritional problems in pregnant women, one of which is anemia. The incidence of anemia in pregnancy in Indonesia is still quite high. The prevalence of anemia in pregnant women in Riau province, especially Pekanbaru City, was 8.1% and rose to 11.2%. The coverage of giving Fe tablets to pregnant women is approaching the standard, but anemia in pregnancy is still common. Alternatively, Moringa leaf extract capsules can increase hemoglobin levels. The purpose of this study was to determine the difference between the administration of Fe tablets and Moringa leaf extract capsules on hemoglobin levels in first trimester pregnant women. The study was conducted from January to May 2021 in the work area of Langsat Health Center Pekanbaru City. The type of research is Quasy Experiment with Two Group Pre Test-Post Test Design. The research population was pregnant women in the first trimester. The sample was taken using purposive sampling as many as 20 pregnant women. The data collection method uses the observation method and the observation sheet. The data was analyzed with independent t-test. The results showed that there was no difference in the increase in hemoglobin levels in the group of Fe tablets nor the Moringa leaf extract capsules with an average Fe tablet group of 0.820 g/dL (SD: 0.4492) and the average group of Moringa leaf extract capsules 0.710 g/dL (SD: 0.3414). Based on statistical tests obtained p-value = 0.545 > 0.05. It is recommended for midwives to provide counseling to pregnant women about the importance of consuming Fe tablets and Moringa leaf extract capsules to increase hemoglobin levels.*

**Keywords : Fe Tablets, Moringa Leaf Extract Capsules, Hemoglobin Levels**  
**References: 31 (2007-2021)**