

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

SKRIPSI, MEI 2021

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**PENGARUH SEDUHAN KELOPAK ROSELLA KERING TERHADAP
KADAR HEMOGLOBIN IBU HAMIL TRIMESTER III DI WILAYAH
KERJA PUSKESMAS LANGSAT KOTA PEKANBARU**

xiii + 40 halaman + 3 tabel + 3 bagan + 16 lampiran

ABSTRAK

Selama kehamilan akan terjadi peningkatan volume plasma sehingga mengakibatkan hemodilusi atau pengenceran sel darah dan penurunan kadar hemoglobin. Untuk meningkatkan penyerapan zat besi dalam tubuh dapat dilakukan dengan cara memberikan kombinasi zat besi dan vitamin C. Salah satu tanaman yang memiliki kandungan tertinggi mineral (Fe) dan vitamin C adalah bunga rosella. Penelitian ini dilakukan pada bulan Januari hingga Mei 2021 di wilayah kerja Puskesmas Langsat Kota Pekanbaru dengan jenis *Quasy Eksperimen* dengan desain *one group pretest-posttest*. Populasi pada penelitian ini adalah seluruh ibu hamil yang berada di Wilayah Kerja Puskesmas Langsat Kota Pekanbaru. Pengambilan sampel menggunakan metode *Purposive sampling* sebanyak 20 orang ibu hamil trimester III yang telah memenuhi kriteria inklusi. Analisa data menggunakan uji *t dependent* dengan derajat kepercayaan 95%. Hasil penelitian di dapatkan bahwa rata-rata kenaikan kadar hemoglobin ibu hamil trimester III sebelum intervensi sebesar 12.305 dan setelah intervensi menjadi 13.145. Penelitian menunjukkan adanya pengaruh yang signifikan antara pemberian seduhan kelopak rosella kering terhadap kadar hemoglobin ibu hamil trimester III dengan hasil (*P-Value 0,000*). Kesimpulannya ada pengaruh pemberian seduhan kelopak rosella kering terhadap kadar hemoglobin ibu hamil trimester III di wilayah kerja Puskesmas Langsat Kota Pekanbaru. Sarannya memberikan pendidikan kesehatan tentang pentingnya mengkonsumsi zat besi selama masa kehamilan. Selain dengan terapi farmakologi yaitu mengkonsumsi tablet zat besi ibu hamil juga dapat menerapkan terapi nonfarmakologi sebagai pendamping konsumsi tablet zat besi dengan cara mengkonsumsi bunga rosella (*Hibiscus sabdariffa*) sebagai sumber zat besi selama masa kehamilan.

Kata kunci : Ibu Hamil, Kelopak Rosella Kering, Kadar Hemoglobin
Daftar Pustaka : 24 Referensi

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POLYTECHNIC OF HEALTH, RIAU
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THESIS, MEI 2021

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**THE EFFECT OF DRIED ROSELLE PETALS ON THE HEMOGLOBIN
LEVELS OF TRIMETER III PREGNANT MOTHER IN THE WORKING
AREA OF PUSKESMAS LANGSAT, PEKANBARU**

xiii + 40 pages + 3 tables + 3 list of schemes + 16 attachments

ABSTRACT

During pregnancy, there will be an increase in plasma volume, resulting in hemodilution or dilution of blood cells and a decrease in hemoglobin levels. To increase the absorption of iron in the body, it can be done by giving a combination of iron and vitamin C. One of the plants that has the highest content of minerals (Fe) and vitamin C is rosella flower. This research was conducted from January to May 2021 in the working area of the Langsat Health Center Pekanbaru City with a Quasy Experiment type with a one group pretest-posttest design. The population in this study were all pregnant women in the Langsat public health center work area, Pekanbaru City. Sampling using purposive sampling method as many as 20 third trimester pregnant women who have met the inclusion criteria. Data analysis used dependent t test with 95% confidence degree. The results of the study found that the average increase in hemoglobin levels of pregnant women in the third trimester before the intervention was 12,305 and after the intervention was 13,145. The study showed that there was a significant effect between the infusion of dried rosella petals on the hemoglobin levels of pregnant women in the third trimester and the result (P-Value 0.000). In conclusion, there is an effect of steeping dried rosella petals on hemoglobin levels of pregnant women in the third trimester in the working area of Langsat public health center Pekanbaru City. His advice is to provide health education about the importance of consuming iron during pregnancy. In addition to pharmacological therapy, namely consuming iron tablets, pregnant women can also apply non-pharmacological therapy as a companion to consuming iron tablets by consuming rosella flowers (*Hibiscus sabdariffa*) as a source of iron during pregnancy.

Keyword : Pregnant Mother, Dry Rosella, Hemoglobin Level
Bibliography : 24 references