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**EFEKTIVITAS PEMBERIAN JUS BUAH NAGA DAN TABLET FE
TERHADAP KADAR HB PADA IBU HAMIL TRIMESTER III
DI WILAYAH PUSKESMAS TANJUNG SAMAK
vii + 48 Hal + 4 Tabel + 13 Lampiran**

ABSTRAK

Anemia adalah suatu keadaan dimana kadar hemoglobin lebih rendah dari batas normal. Anemia lebih sering dialami oleh ibu hamil, salah satu solusi alternative yang dapat membantu dalam menaikkan kadar hb secara non farmakologi adalah dengan mengkonsumsi jus buah naga dan di tambah dengan konsumsi tablet fe. Penelitian ini bertujuan untuk Untuk mengetahui efektivitas pemberian jus buah naga dan tablet fe terhadap kadar Hb pada ibu hamil trimester III di Wilayah Puskesmas Tanjung Samak. Penelitian ini menggunakan desain *Pre Post Eksperimen* menggunakan *Two grup pre test- Post Test Design*. Populasi pada penelitian ini adalah seluruh ibu hamil trimester III dengan sampel penelitian ibu hamil yang sesuai kriteria inklusi dan eksklusi dengan teknik sampel *Non probability sampling* sebanyak 20 orang. Uji statistik yang digunakan adalah uji *maan whitney u* dengan derajat kepercayaan 95 %. Hasil Penelitian didapatkan skor rata rata kenaikan kadar Hb pada kelompok intervensi 1,33 g/dL (SD = 0.62013) dan pada kelompok control 0.05 g/dL (SD = 0. 27988), dengan P value < α (0.000 < 0,05) artinya jus buah naga dan tablet fe efektif dalam menaikkan kadar Hb pada ibu hamil. Diharapkan tenaga kesehatan khususnya bidan di Wilayah Kerja Puskesmas Tanjung Samak untuk memberikan edukasi kepada ibu hamil tentang manfaat Buah Naga Dan Tablet Fe dalam meningkatkan Kadar Hb.

**Kata Kunci : Jus buah naga, Tablet Fe, Kadar Hb, Ibu Hamil
Daftar Bacaan : 33 Referensi (2007-2021)**

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SRI ANDAN SUSILAWATI MARPAUNG

**THE EFFECTIVENESS OF GIVING DRAGON FRUIT JUICE AND FE
TABLETS
ON HB LEVELS IN PREGNANT WOMEN TRIMESTER III
IN THE TANJUNG SAMAK HEALTH CENTER AREA
vii + 48 Pages + 4 Tables + 13 Appendices**

ABSTRACT

Anemia is a condition in which the hemoglobin level is lower than the normal limit. Anemia is more often experienced by pregnant women, one of the alternative solutions that can help in increasing hb levels non-pharmacologically is to consume dragon fruit juice and add Fe tablets. This study aims to determine the effectiveness of giving dragon fruit juice and Fe tablets on Hb levels in third trimester pregnant women in the Tanjung Samak Health Center area. This study uses a pre-post-experimental design using two groups of pre-test-post test design. The population in this study were all pregnant women in the third trimester with a sample of 20 pregnant women who matched the inclusion and exclusion criteria with a non-probability sampling technique. The statistical test used was the Whitney U test with a 95% confidence level. The results showed that the average increase in Hb levels in the intervention group was 1.33 g/dL (SD = 0.62013) and in the control group 0.05 g/dL (SD = 0. 27988), with P value < (0.000 < 0.05) This means that dragon fruit juice and Fe tablets are effective in increasing Hb levels in pregnant women. It is hoped that health workers, especially midwives in the Tanjung Samak Health Center Work Area, will provide education to pregnant women about the benefits of Dragon Fruit and Fe tablets in increasing Hb levels.

Keywords: Dragon fruit juice, Fe tablets, Hb levels, Pregnant women

Reading List : 33 References (2007-2021)