

**MINISTRY OF HEALTH OF REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU
D IV MIDWIFERY STUDY PROGRAM**

GRADUATING PAPER, MAY 2020

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**THE EFFECTS OF FE TABLET ADMINISTRATION WITH GREEN BEANS ON
HEMOGLOBIN LEVELS OF THIRD TRIMESTER PREGNANT WOMEN IN
UMBAN SARI HEALTH CENTER OF PEKANBARU CITY**

Viii + 44 Pages + 2 Table + 2 Charts + 8 Attachments

ABSTRACT

The need for iron during pregnancy increases because blood volume increases by 50%, so this condition requires more iron to form hemoglobin. Efforts to reduce the anemia rate of pregnant women are by giving Fe tablets (90 tablets) and fulfilling nutritional intake during pregnancy, with, for example, consumption of green beans. The purpose of this study was to determine the effect of administration of Fe tablets with green bean porridge on hemoglobin levels in third trimester pregnant women. The study was conducted from January to April 2020 at Umban Sari Health Center. This quasi-experimental study used a sample size of 20 people divided into 2 groups, the Fe tablet control group and the Fe tablet intervention group with green bean porridge. The results of statistical tests using the T-independent test obtained a p value of 0.000 which indicates the effect of administering Fe tablets with green bean porridge to increase hemoglobin levels in third trimester pregnant women. It can be concluded that consuming Fe tablets together with green bean porridge proved to be effective in increasing hemoglobin levels in third trimester pregnant women.

Keywords : green bean porridge, hemoglobin level

Reference: 22 (2001-2018)