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**SKRIPSI, JULI 2026
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**EFEKTIVITAS PEMBERIAN SARI KURMA DAN ZAT BESI TERHADAP
PENINGKATAN KADAR HEMOGLOBIN IBU NIFAS DI PRAKTIK
MANDIRI BIDAN KOTA PEKANBARU
xiii ± 39 Halaman + 8 Tabel + 11 Lampiran**

ABSTRAK

Anemia pada ibu nifas berdampak pada penurunan produksi ASI, gangguan involusi uterus, dan peningkatan risiko infeksi. Studi pendahuluan di PMB Rosita Kota Pekanbaru (Februari 2026) menunjukkan 100% dari lima ibu nifas mengalami penurunan kadar hemoglobin rata-rata 0,78 g/dL pascapersalinan, sehingga penelitian ini bertujuan mengetahui efektivitas pemberian kombinasi sari kurma dan tablet zat besi terhadap peningkatan kadar hemoglobin ibu nifas. Penelitian menggunakan desain kuantitatif pre-eksperimental dengan rancangan *one group pretest-posttest* terhadap 20 ibu nifas yang dibagi menjadi kelompok intervensi (sari kurma 30 ml/hari dan tablet zat besi 65 mg/hari) dan kelompok kontrol (tablet zat besi 65 mg/hari saja) selama 7 hari, dianalisis menggunakan uji T-independen ($\alpha=5\%$). Hasil penelitian menunjukkan rata-rata peningkatan kadar hemoglobin kelompok intervensi sebesar 2,520 g/dL (SD=0,8108) lebih tinggi dibandingkan kelompok kontrol sebesar 1,530 g/dL (SD=1,1086), dengan perbedaan yang bermakna secara statistik ($p=0,035$). Perbedaan ini dijelaskan oleh kandungan vitamin C dalam sari kurma yang meningkatkan penyerapan zat besi hingga empat kali lipat, serta asam folat dan vitamin B kompleks sebagai kofaktor eritropoiesis, sehingga sari kurma terbukti efektif sebagai terapi komplementer pendamping tablet zat besi dalam meningkatkan kadar hemoglobin ibu nifas.

Kata Kunci : Sari Kurma, Zat Besi, Hemoglobin, Ibu Nifas, Anemia Postpartum
Referensi : 35 (2016-2026)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
MIDWIFERY DEPARTMENT
BACHELOR OF MIDWIFERY**

**THESIS, JULY 2026
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**THE EFFECTIVENESS OF DATE PALM EXTRACT AND IRON
SUPPLEMENTATION ON HEMOGLOBIN LEVEL IMPROVEMENT IN
POSTPARTUM MOTHERS AT THE INDEPENDENT MIDWIFERY
PRACTICE, PEKANBARU CITY**

xiii ± 39 Page + 8 Tables + 11 Attachman

ABSTRACT

Anemia in postpartum mothers affects breast milk production, uterine involution, and increases the risk of puerperal infection. A preliminary study conducted at the Independent Midwifery Practice of Rosita, Pekanbaru City (February 2026), revealed that all five postpartum mothers experienced a mean hemoglobin decline of 0.78 g/dL following delivery, thus this study aimed to determine the effectiveness of combining date palm extract and iron supplementation in increasing hemoglobin levels improvement in postpartum mothers. A quantitative pre-experimental study with a one-group pretest-posttest design was conducted on 20 participants were divided into an intervention group receiving date palm extract 30 mL/day combined with iron tablet 65 mg/day, and a control group receiving iron tablet 65 mg/day only, for seven consecutive days, analyzed using an independent-samples t-test ($\alpha=5\%$). The results demonstrated that the mean hemoglobin increase was significantly higher in the intervention group (2.520 ± 0.8108 g/dL) than in the control group (1.530 ± 1.1086 g/dL), $p=0.035$. The higher increase was attributed to the vitamin C content of date palm extract, which enhances iron absorption, as well as its folate and B-complex vitamin content, which may support erythropoiesis. Thus, date palm extract may be considered a complementary therapy alongside iron supplementation for improving hemoglobin levels in postpartum mothers.

**Keywords : Date Palm Extract, Iron Supplementation, Hemoglobin,
Postpartum Mothers, Postpartum Anemia**
Reference :35 (2016-2026)