

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, JULI 2026
SABRINA ULYA FATIKAH**

**PENGARUH JUS BITMA DAN TABLET FE TERHADAP PENINGKATAN
HEMOGLOBIN IBU HAMIL TRIMESTER III DI TPMB LILIS SUGIANTI
KOTA PEKANBARU**

xv + 53 halaman + 9 tabel + 12 lampiran

ABSTRAK

Zat besi merupakan salah satu mineral penting yang dibutuhkan oleh ibu hamil. Masa kehamilan sering terjadi kekurangan zat besi dalam tubuh. Zat besi dibutuhkan untuk membentuk sel darah merah (hemoglobin). Penurunan kadar hemoglobin pada trimester III dapat berdampak serius terhadap kesehatan ibu dan janin, seperti persalinan prematur, BBLR, serta peningkatan risiko kematian ibu dan bayi. Penanganan dapat dilakukan secara farmakologi melalui pemberian tablet Fe dan non-farmakologi melalui konsumsi bahan alami seperti buah bit dan madu yang mengandung zat besi, asam folat, dan vitamin C. Tujuan penelitian ini untuk mengetahui pengaruh perlakuan pada kelompok intervensi pemberian Jus BitMa dan tablet Fe dengan cara membandingkan kelompok kontrol pemberian Tablet zat besi (Fe). Penelitian dilakukan bulan Juni 2026 di TPMB Lilis Sugianti Kota Pekanbaru. Jenis penelitian adalah *Quasy Eksperimen* dengan *Two Group Pre Test-Post Test*. Populasi penelitian adalah ibu hamil trimester III. Pengambilan sampel menggunakan *purposive sampling* sebanyak 20 orang ibu hamil. Metode pengumpulan data dengan cara observasi, menggunakan alat pengukur kadar Hb digital (*Easy Touch*) dan lembar observasi. Analisa data dengan uji *t-independent*. Hasil penelitian menunjukkan rata-rata selisih kadar hemoglobin sebelum dan sesudah intervensi pada kelompok jus BitMa + tablet Fe adalah 1.92 g/dL (SD=0.8189) dan rata-rata kelompok Tablet zat besi (Fe) 0.40 g/dL (SD=0.3091). Hasil uji statistik menunjukkan nilai *p-value* = 0,000 ($p < 0,05$), yang berarti ada pengaruh kenaikan kadar hemoglobin pada kelompok Jus Bitma dengan tablet Fe. Disarankan untuk bidan dapat mempromosikan manfaat Jus bitMa sebagai salah satu bahan makanan sumber alami zat besi yang dapat meningkatkan kadar hemoglobin pada ibu hamil khususnya trimester III.

Kata Kunci : ***Zat besi, Hemoglobin, Ibu Hamil Trimester III, Jus Bit, Madu, Tablet Fe***

Referensi : 47 (2016-2025)

MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU
APPLIED BACHELOR'S STUDY PROGRAM IN MIDWIFERY

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THE EFFECT OF BITMA JUICE (BEETROOT AND HONEY) AND IRON (FE)
TABLETS ON HEMOGLOBIN INCREASE IN THIRD TRIMESTER
PREGNANT WOMEN AT TPMB LILIS SUGIANTI, PEKANBARU CITY

xv + 53 Pages, + 9 Tables, + 12 Appendices

ABSTRACT

Iron is a crucial mineral for pregnant women, as iron deficiency frequently occurs during pregnancy. Iron is essential for the formation of red blood cells (hemoglobin). A decline in hemoglobin levels during the third trimester may result in serious complications for the health of both the mother and the fetus, including preterm birth, low birth weight (LBW), and an increased risk of maternal and infant mortality. Management can be approached pharmacologically through the administration of iron (Fe) tablets and non-pharmacologically through the consumption of natural foods such as beetroot and honey that contain iron, folic acid, and vitamin C. This study aimed to compare the effect of BitMa juice combined with iron tablets versus iron tablets alone on hemoglobin levels in third-trimester pregnant women. The study was conducted in June 2026 at the Independent Midwifery Practice (TPMB) of Lilis Sugianti in Pekanbaru City. A quasi-experimental design with a two-group pre-test/post-test approach was employed. The study population consisted of pregnant women in their third trimester, with a sample of 20 participants selected via purposive sampling. Data collection involved observation using a digital hemoglobin (Hb) meter (*Easy Touch*) and observation sheets. Data analysis was performed using an *independent t-test*. The results showed that the mean difference in hemoglobin levels before and after the intervention was 1.92 g/dL (SD=0.8189) for the BitMa juice plus iron tablet group, and 0.40 g/dL (SD=0.3091) for the iron tablet-only group. Statistical analysis yielded a $p < 0.001$, indicating a significant effect on the increase in hemoglobin levels in the group receiving BitMa juice and iron tablets. In conclusion, the combination of BitMa juice and iron tablets was more effective in increasing hemoglobin levels than iron tablets alone.

Keywords : *iron, hemoglobin, third trimester pregnancy, beetroot juice, honey, iron tablets*

References : 47 References : (2016-2025)