

# **Pengaruh pemberian suplementasi besi-folat satu kali sehari dan dua kali seminggu terhadap kadar hemoglobin ibu hamil di Kabupaten Pringsewu tahun 2013 = Effect of iron-folate supplementation once a day and twice a week on pregnant women hemoglobin concentrations in Pringsewu District 2013**

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## **Abstrak**

Anemia pada kehamilan berdampak terjadinya persalinan prematuritas dan BBLR. Upaya penanggulangan anemia ibu hamil dengan pemberian suplementasi besi-folat satu kali sehari, walaupun ibu hamil tidak teratur minum suplemen karena keluhan efek samping seperti mual dan muntah. Penelitian ini bertujuan mengetahui pengaruh pemberian suplementasi besi-folat program satu kali sehari dan dua kali seminggu terhadap kadar hemoglobin ibu hamil di Kabupaten Pringsewu tahun 2013. Desain penelitian kuasi eksperimen (non-randomized pre test-post test control group design) pada 96 ibu hamil yang berusia 20-35 tahun dengan usia kehamilan 10-30 minggu secara purposive sampling dibagi tiga kelompok yaitu TTD1, TTD2, dan TTDF masing-masing 32 orang. Data penelitian bersumber data primer hasil pengukuran kadar hemoglobin. Analisis data menggunakan uji beda dua mean dan regresi linear ganda. Hasil penelitian diperoleh kenaikan kadar hemoglobin terbesar pada kelompok ibu hamil yang diberi suplementasi besi-folat program ditambah suplementasi asam folat dua kali seminggu. Oleh karena itu direkomendasikan upaya pencegahan anemia ibu hamil dengan memberikan suplementasi besi-folat program ditambah suplementasi asam folat dua kali seminggu.

.....Anemia in pregnancy affects birth prematurity and low birth weight. Efforts to prevent maternal anemia with iron-folate supplementation program once a day, although pregnant women irregularly take supplements because side effects complaints as nausea and vomitted. This study aims to determine the effect of iron-folate supplementation program once a day and twice a week for hemoglobin concentrations of pregnant women in the Pringsewu district 2013. Is a quasi experimental research design (non-randomized pre test-post test control group design) in 96 pregnant women aged 20-35 years with a gestational age of 10-30 weeks were purposive sampling divided into three groups: TTD1, TTD2, and TTDF as many as 32 people each groups. Source of research data is the primary data measuring hemoglobin concentrations. Analysis using two different test mean and multiple linear regression. The result showed the biggest increase in hemoglobin concentrations in the group of pregnant women who were given ironfolate supplementation program plus folic acid supplementation twice a week. Therefore, recommended preventive maternal anemia with iron-folate supplementation program plus folic acid supplementation twice a week.