ABSTRAK

Desy Cristiani. NIM : 5193240014. ***Hubungan Konsumsi Tablet Tambah Darah Dan Penambahan Berat Badan Dengan Kadar Hemoglobin Ibu Hamil Di Puskesmas Duri Kota.*** **Prodi Gizi. Jurusan Pendidikan Kesejahteraaan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2024.**

Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik responden (usia responden, usia kehamilan, pendidikan responden, pekerjaan responden, pendapatan keluarga, dan besaran keluarga); (2) Konsumsi tablet tambah darah ibu hamil; (3) penambahan berat badan ibu hamil; (4) Kadar hemoglobin ibu hamil; (5) Hubungan konsumsi tablet tambah darah dengan kadar hemoglobin pada ibu hamil; (6) Hubungan penambahan berat badan dengan kadar hemoglobin pada ibu hamil; (7) Hubungan konsumsi tablet tambah darah dan penambahan berat badan dengan kadar hemoglobin ibu hamil. Tempat penelitian di Puskesmas Duri Kota, Kecamatan Mandau. Waktu penelitian ini dimulai pada bulan Juli – September 2023. Populasi penelitian ini adalah semua ibu hamil trimester II dan III sebanyak 202 orang. Teknik pengambilan sampel cara *simple random sampling* dengan jumlah 40 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan pengukuran penambahan berat badan, pengisian kuesioner, dan pemeriksaan kadar hemoglobin. Teknik analisis data secara deskriptif data, uji hipotesis menggunakan uji chi-square dan analisis regresi logistik.

Konsumsi tablet tambah darah pada ibu hamil termasuk kategori tidak terpenuhi sebesar 60 persen. Penambahan berat badan pada ibu termasuk kategori kurang sebesar 62,5 persen. Kadar hemoglobin pada ibu hamil termasuk kategori normal sebesar 57,5 persen. Berdasarkan hasil penelitian ini, analisis uji chi-square menunjukkan terdapat hubungan yang positif dan signifikan antara konsumsi tablet tambah darah dengan kadar hemoglobin ibu hamil dengan nilai p-value = 0,000 pada taraf signifikan 0,05 artinya semakin baik konsumsi tablet tambah darah maka semakin baik kadar hemoglobin ibu hamil. Berdasarkan hasil penelitian ini, analisis uji chi-square menunjukkan terdapat hubungan antara penambahan berat badan dengan kadar hemoglobin ibu hamil dengan nilai p-value = 0,001 pada taraf signifikansi 0,05 artinya semakin baik penambahan berat badan ibu hamil maka semakin baik kadar hemoglobin ibu hamil. Berdasarkan hasil penelitian ini, analisis regresi logistik terdapat hubungan yang positif dan signifikan antara penambahan berat badan dengan kadar hemoglobin ibu hamil ($p=0,017$, $p<0,05$) dengan OR 0,047. Artinya penambahan berat badan ibu hamil yang baik akan memiliki peluang 0,047 kali memiliki kadar hemoglobin yang baik, dibandingkan ibu hamil yang memiliki penambahan berat badan tidak baik.

ABSTRACT

Desy Cristiani. NIM : 5193240014. ***The Relationship between Blood-Boosting Tablet Consumption and Weight Gain with Hemoglobin Levels in Pregnant Women at the Duri Kota Health Center. Nutrition Study Program. Department of Family Welfare Education. Faculty Of Engineering, State University Of Medan.*** **2024.**

This research aims to determine: (1) Respondent characteristics (respondent age, pregnancy age, respondent education, respondent occupation, family income, and family size); (2) Consumption of iron supplementation tablets by pregnant women; (3) Weight gain during pregnancy; (4) Hemoglobin levels in pregnant women; (5) The relationship between iron supplementation tablet consumption and hemoglobin levels in pregnant women; (6) The relationship between weight gain and hemoglobin levels in pregnant women; (7) The relationship between iron supplementation tablet consumption, weight gain, and hemoglobin levels in pregnant women. The research was conducted at the Duri Kota Health Center, Mandau District. The study period was from July to September 2023.The population of this study was all second and third-trimester pregnant women, totaling 202 individuals. The sampling technique used was simple random sampling with a sample size of 40 individuals. The research design was cross-sectional. Data collection techniques included weight gain measurements, questionnaire completion, and hemoglobin level examinations. Data analysis techniques involved descriptive data analysis, hypothesis testing using the chi-square test, and logistic regression analysis.

The consumption of blood-boosting tablets among pregnant women falls into the category of unmet needs by 60 percent. Weight gain in pregnant women is classified as insufficient by 62.5 percent. Hemoglobin levels in pregnant women fall within the normal category by 57.5 percent. Based on the results of this research, chi-square test analysis indicates a positive and significant relationship between the consumption of blood-boosting tablets and the hemoglobin levels of pregnant women, with a p-value of 0.000 at a significance level of 0.05. This means that the better the consumption of blood-boosting tablets, the better the hemoglobin levels in pregnant women. According to the findings of this study, chi-square test analysis shows a relationship between weight gain and hemoglobin levels in pregnant women, with a p-value of 0.001 at a significance level of 0.05. This implies that the better the weight gain in pregnant women, the better the hemoglobin levels. Based on the results of this research, logistic regression analysis indicates a positive and significant relationship between weight gain and hemoglobin levels in pregnant women ($p=0.017$, $p<0.05$) with an odds ratio (OR) of 0.047. This means that pregnant women with good weight gain have a 0.047 times higher chance of having good hemoglobin levels compared to pregnant women with inadequate weight gain.