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**HUBUNGANASUPAN PROTEIN, FE, VITAMIN C, DAN SERAT
TERHADAP KADAR HB PADA IBU HAMIL PENERIMABPJS DI
WILAYAHKERJA PUSKESMAS KECAMATAN KEBONJERUK TAHUN
2017**

xii, VI BAB, 93 Halaman, 22 Tabel, 6 Gambar, 6 Lampiran

Latar Belakang: Ibu hamil merupakan salah satu kelompok rawan kekurangan gizi, karena terjadi peningkatan kebutuhan gizi untuk memenuhi kebutuhan ibu dan janin. Kebutuhan zat besi dan protein ibu hamil meningkat secara signifikan dengan jumlah darah dalam tubuh ibu hamil sekitar 50% dan 70% (dimulai sejak kehamilan 10 minggu dan mencapai puncaknya antara 32-36 minggu).

Tujuan: Mengetahui hubungan asupan protein, zat besi, vitamin C, dan serat terhadap kadar Hb ibu hamil pada penerima BPJS di Wilayah Kerja Puskesmas Kecamatan Kebon Jeruk tahun 2017

Metode: Jenis penelitian ini bersifat *Deskriptif Observasional* dengan desain *Cross Sectional study*. Populasi dalam penelitian ini adalah seluruh ibu hamil yang tinggal di Wilayah Kerja Kecamatan Puskesmas Kebon Jeruk dengan *purposive sampling* sebanyak 35 ibu hamil.

Hasil: Rata-rata usia ibu 27 tahun. Rata-rata kadar hemoglobin ibu hamil sebesar 11,27 g/dl, asupan protein 81,50 gram/hari (107,2% dari AKG), zat besi (Fe) 8,83 mg (25,2% dari AKG), vitamin C 93,80 mg (110,35% dari AKG), Serat 14,58 gram (40,5% dari AKG). Hasil uji korelasi hubungan asupan protein, zat besi, vitamin C, dan serat diperoleh nilai $p < 0,05$.

Kesimpulan: Ada hubungan antara asupan protein, zat besi, vitamin C dan serat dengan kadar hemoglobin ibu hamil Penerima BPJS di Puskesmas Kecamatan Kebon Jeruk Tahun 2017.

Kata Kunci: Ibu Hamil, Kadar Hb, Protein, Zat Besi, Vitamin C, Serat
Daftar Bacaan: 54 (2004-2015)



ABSTRACT

ESA UNGGUL UNIVERSITY
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RELATIONSHIP INTAKE OF PROTEIN, IRON, VITAMIN C, AND FIBER AGAINST HB LEVELS IN PREGNANT WOMEN IN THE REGION OF THE RECIPIENT BPJS KEBON JERUK DISTRICT HEALTH CENTERS IN 2017

xii, Chapter VI, 93 Pages, 22 Tables, 6 Pictures, 6 Attachment

Background: Pregnant women are one of the groups vulnerable to malnutrition, due to the increased nutritional requirements to meet the needs of the mother and fetus. Iron and protein needs of pregnant women increased significantly with the amount of blood in the body of pregnant women around 50% and 70% (starting from 10 weeks of pregnancy and peaked between 32-36 weeks).

Objective: Knowing the relationship intake of protein, iron, vitamin C, and fiber to the hemoglobin concentration of pregnant women on the receiving BPJS in Puskesmas Subdistrict Kebon Jeruk 2017.

Methods: This study is *deskriptif observasional* used *cross sectional study design*. The population in this study were all pregnant women living in Puskesmas Work Area Kebon Jeruk with purposive sampling counted 35 pregnant women.

Results: The average maternal age of 27 years. The average hemoglobin levels of pregnant women 11.27 g / dl, 81,50 grams of protein intake / day (110,35% of AKG), iron (Fe) 8,83 mg (25,2% of the AKG), 93,80 mg of vitamin C (110,35% of AKG), Fiber 14.58 grams (40,5% of AKG). The result of the correlation intake of protein, iron, vitamin C, and fiber obtained value of $p < 0.05$.

Conclusion: There is a relationship between the intake of protein, iron, vitamin C and fiber with hemoglobin levels of pregnant women in sub-district Puskesmas Kebon Jeruk 2017.

Keywords: Pregnancy, Hemoglobin, Protein, Iron, Vitamin C, fiber
Reading List: 54 (2004-2015)