

ABSTRAK

Kehamilan merupakan periode fisiologis-spesifik dimana saat masa kehamilan mengalami peningkatan kebutuhan zat gizi dan pola makan yang buruk akan membawa dampak buruk terhadap gangguan gizi pada tubuh, seperti anemia. Menurut data Riskesdas tahun 2018 prevalensi anemia pada ibu hamil sebesar 48.9% sedangkan pada tahun 2013 sebesar 37.1%. Oleh sebab itu, dapat disimpulkan prevalensi anemia pada ibu hamil mengalami peningkatan. Penelitian ini bertujuan untuk menganalisa hubungan asupan zat gizi (protein, Fe, vitamin B12, dan vitamin C) dan kadar hemoglobin dikontrol usia kehamilan pada ibu hamil. Penelitian ini bersifat Deskriptif Observasional dengan metode kuantitatif pendekatan cross-sectional. Penelitian ini melibatkan 50 ibu hamil trimester kedua dan ketiga yang memeriksakan kandungan di Puskesmas Wilayah Kebon Jeruk dengan pengambilan sampel melalui metode purposive sampling. Uji statistik yang digunakan adalah korelasi parsial. Data karakteristik ibu hamil yang didapatkan pada penelitian ini yakni rata-rata usia ibu hamil sebesar 28.64 ± 5.50 tahun; rata-rata usia kehamilan sebesar 23.76 ± 8.49 minggu; rata-rata kadar hemoglobin sebesar 12.19 ± 1.02 g/dL; rata-rata asupan protein sebesar 94.75 ± 35.17 gram; rata-rata asupan zat besi sebesar 21.02 ± 15.15 gram; rata-rata asupan vitamin C sebesar 116.83 ± 124.11 miligram; dan rata-rata asupan vitamin B12 sebesar 9.43 ± 8.83 mikrogram. Hasil penelitian ini menunjukkan bahwa tidak terdapat hubungan yang signifikan antara asupan zat gizi (protein, Fe, vitamin B12, dan vitamin C) dan kadar hemoglobin dikontrol usia kehamilan ($p > 0.05$). Oleh karena itu dapat disimpulkan bahwa tidak ada hubungan yang signifikan asupan zat gizi (protein, Fe, vitamin B12, dan vitamin C) dan kadar hemoglobin dalam penelitian ini.

Kata Kunci : asupan zat gizi, kadar hemoglobin, ibu hamil

ABSTRACT

Pregnancy is a physiological-specific period where during pregnancy there is an increased need for nutrients and a bad diet will have a negative impact on nutritional disorders in the body, such as anemia. According to Rikesdas data in 2018, the prevalence of anemia in pregnant women was 48.9%, while in 2013 it was 37.1%. Therefore, it can be concluded that the prevalence of anemia in pregnant women has increased. This study aims to analyze the relationship between nutrient intake (protein, Fe, vitamin B12, and vitamin C) and hemoglobin levels controlled by gestational age in pregnant women. This research is descriptive observational with a quantitative method with cross-sectional approach. This study involved 50 second and third trimester pregnant women who examined the womb at the Kebon Jeruk Regional Health Center by taking the sample through the purposive sampling method. The statistical test used is partial correlation. Data on the characteristics of pregnant women obtained in this study were the average age of pregnant women of 28.64 ± 5.50 years; the mean gestational age was 23.76 ± 8.49 weeks; the average hemoglobin level was 12.19 ± 1.02 g/dL; the average protein intake was 94.75 ± 35.17 grams; the average iron intake was 21.02 ± 15.15 grams; the average intake of vitamin C was 116.83 ± 124.11 milligrams; and the average intake of vitamin B12 was 9.43 ± 8.83 micrograms. The results of this study indicated that there was no significant relationship between nutrient intake (protein, Fe, vitamin B12, and vitamin C) and hemoglobin levels were controlled for gestational age ($p > 0.05$). Therefore it can be concluded that there is no significant relationship between nutrient intake (protein, Fe, vitamin B12, and vitamin C) and hemoglobin levels in this study.

Key words : nutrient intake, levels hemoglobin, pregnant women.