ABSTRAK

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HUBUNGAN ASUPAN VITAMIN D DAN PAPARAN SINAR MATAHARI PADA IBU HAMIL DENGAN KADAR HEMOGLOBIN DI PUSKESMAS KETAPANG, KOTA TANGERANG

Terdiri dari VI Bab, 102 Halaman, 13 Tabel, 3 Gambar, 8 Lampiran

Latar Belakang: Hemoglobin merupakan protein yang kaya akan zat besi. Nilai kadar hemoglobin (Hb) digunakan untuk mengetahui anemia pada kehamilan. Organisasi Kesehatan Dunia (WHOH) merekomendasikan kadar hemoglobin optimal 11 g/dL untuk ibu hamil. Kadar hemoglobin yang lebih tinggi dapat dicapai dengan meningkatkan asupan vitamin D dan paparan sinar matahari, karena vitamin D mempunyai peranan penting dalam mengatur keseimbangan zat besi dalam tubuh.

Tujuan: Mengetahui hubungan asupan vitamin D dan paparan sinar matahari dengan kadar hemoglobin pada ibu hamil.

Metode: Penelitian *cross-sectional* ini melibatkan 44 ibu hamil di Puskesmas Ketapang dengan rentang usia 20-35 tahun. Variabel independen adalah asupan vitamin D dan paparan sinar matahari, sedangkan variabel dependen adalah kadar Hb. Data asupan vitamin D dinilai menggunakan formulir SQ-FFQ (*Semi Quantitative Food Frequency Questionnaire*), paparan sinar matahari diukur menggunakan *Short Term* (ST) *Sunlight Exposure Measurement Questionnaires*

(SEM-Q), dan kadar hemoglobin diperoleh dari data rekam medis. Uji korelasi *pearson* dan *spearman* digunakan untuk menganalisis data.

Hasil: Terdapat hubungan yang bermakna antara asupan vitamin D (r=0,479, p<0,01) dan paparan sinar matahari (r= 0,385, p<0,05) dengan kadar Hb ibu hamil.

Kesimpulan: Peningkatan asupan vitamin D dan paparan sinar matahari dapat meningkatkan kadar Hb ibu hamil.

Kata kunci: hemoglobin; sinar matahari; vitamin d

ABSTRACT

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THE RELATIONSHIP OF VITAMIN D INTAKE AND SUN EXPOSURE IN PREGNANT WOMEN WITH HEMOGLOBIN LEVELS AT PUSKESMAS KETAPANG, TANGERANG

Consists of VI Chapters, 102 Pages, 13 Tables, 3 Figures, 8 Attachments

Background: *Hemoglobin is a protein that is rich in iron. The value of hemoglobin (Hb) levels is used to determine anemia in pregnancy. The World Health Organization (WHOH) recommends an optimal hemoglobin level of 11 g/dL for pregnant women. Higher hemoglobin levels can be achieved by increasing vitamin D intake and exposure to sunlight, because vitamin D has an important role in regulating iron balance in the body.*

Objective: *To determine the relationship between vitamin D intake and sun exposure with hemoglobin levels in pregnant women.*

Method: *This cross-sectional study involved 44 pregnant women in Public Health Center Ketapang with the age range of 20-35 years. Independent variables were vitamin d intake and sun exposure and dependent variable was Hb levels. Vitamin D intake data was assessed using the SQ-FFQ (Semi Quantitative Food Frequency Questionnaire) form, sun exposure was measured using the Short Term (ST) Sunlight Exposure Measurement Questionnaires (SEM-Q), and hemoglobin levels were obtained from medical record data. The pearson and spearman correlation tests were employed to analyze the data.*

Results: *There were significant correlations between vitamin D intake (r=0,479, p<0,01) and sun exposure (r= 0,385, p<0,05) with Hb levels among pregnant women.*

Conclusion: *Increasing vitamin D intake and sun exposure could improve Hb levels among pregnant women.*

Keywords: *hemoglobin; sunlight; vitamin d*