

PENGARUH PEMBERIAN TABLET TAMBAH DARAH TERHADAP PERUBAHAN KADAR HEMOGLOBIN (STUDI PADA SISWI SMU N 1 KECAMATAN BREBES DAN MAN 1 BREBES)

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Remaja putri berisiko terkena anemia karena sedang dalam masa pertumbuhan dan mengalami haid setiap bulan. Suplementasi tablet tambah darah merupakan salah satu upaya jangka pendek pencegahan anemia gizi. Penelitian ini bertujuan mengetahui pengaruh pemberian tablet tambah darah terhadap perubahan kadar Hemoglobin pada siswi SMU di Brebes. Penelitian ini termasuk jenis *Quasy Experimental* dengan desain penelitian *Pre Test and Post Test Control Group Design*. Sampel adalah siswi kelas 1 dan kelas 2 SMU N 1 Kecamatan Brebes dan MAN 1 Brebes yang sedang tidak haid. Penentuan sampel dengan *systematic random sampling*. Perlakuan yang diberikan adalah pemberian tablet tambah darah selama 12 minggu yang diminum 1 minggu sekali dan setiap hari selama haid. Pada kelompok perlakuan ditambah Vitamin C dan Vitamin B6, sedangkan pada kelompok kontrol hanya diberi Vitamin C dan Vitamin B6 saja. Pemeriksaan kadar Hb awal dan kadar Hb akhir menggunakan alat *Hemocue* dengan metode *Cyanmethemoglobin*. Pemantauan konsumsi makanan menggunakan metode *recall* 3 kali 24 jam. Pengolahan data konsumsi makanan menggunakan *Food Processor* dan pengolahan statistik menggunakan Program SPSS 11 dengan Uji T-Test Independent dan GLM Univariate.

Hasil pemeriksaan kadar Hb awal pada kelompok perlakuan 25% siswi anemia dan pada kelompok kontrol 34% anemia. Hasil uji T-Test Independent yaitu tidak ada perbedaan perubahan kadar Hb antara kelompok perlakuan dan kelompok kontrol dengan nilai p 0,938. Hasil uji GLM menunjukkan tidak ada pengaruh pemberian tablet tambah darah terhadap perubahan kadar Hemoglobin pada siswi SMU di Kabupaten Brebes dengan nilai p 0,735. Konsumsi protein dan zat besi sebagai kovariat juga tidak memberikan pengaruh terhadap perubahan kadar Hb dengan nilai p 0,775 untuk protein dan zat besi nilai p 0,276. Kurang efektifnya suplementasi TTD ini mungkin karena siswi kurang patuh mengkonsumsi TTD secara teratur, mengingat tingkat kepatuhan sebesar 8%.

Pemantauan minum TTD pada remaja putri sebaiknya melibatkan orangtua. Untuk peneliti lain supaya keadaan kecacingan dan penyakit infeksi dikendalikan.

Kata Kunci: TTD, hemoglobin, siswi SMU

THE EFFECT OF IRON TABLET SUPPLEMENTATION TO THE CHANGE OF HEMOGLOBIN LEVELS (STUDY ON FEMALE STUDENTS OF SMU N 1 BREBES SUB DISTRICT AND MAN 1 BREBES)

Teenage girls have a risk to suffer from anemia because they are in growing phase and having menstruation every month. Supplementation of iron tablet is one of short-term efforts to prevent anemia. The purpose of this research is to know the effects of iron tablet supplementation to the change of hemoglobin levels in female students of SMU in Brebes regency. This research is Quasy Experimental research with Pre Test and Post Test Control Group Design. The samples are female students on 1stnd grade of SMU N 1 Brebes Sub District and MAN 1 Brebes that was not having menstruation. Sample formulated by systematic random sampling. The treatment is iron tablet supplementation during 12 weeks that was take once a week and everyday during menstruation. The treatment group also received Vitamin C and Vitamin B6, while in control group, they only received Vitamin C and Vitamin B6. The measurement of Hemoglobin levels are taken before and after supplementation use Hemocue with Cyanmethemoglobin methods. Monitoring of food consumption use 24 hours recall methods during 3 times. The data of food consumption is processed by Food Processor Program and data analysis was carried out by using Independent Samples T-Test and GLM Univariate design of SPSS 11. The result of hemoglobin levels before treatment in treatment group there were 25% female students suffer from anemia and in control group there were 34% female students suffer from anemia. The result of Independent Sample T-Test there is no difference on the change of Hemoglobin levels between treatment group and control group with p value 0,938. GLM Univariate result that is no effects of iron tablet supplementation to the change of hemoglobin levels on female students of SMU in Brebes regency with p value 0,735. There is no effect of protein consumption and zinc consumption as covariate to the change of hemoglobin levels with p value 0,775 for protein and p value 0,276 for zinc. Ineffectiveness of iron tablet supplementation possibly female students do not obey to consume iron tablet regularly; because the obedient level is only 8%. Monitoring of iron tablet consumption on teenage girls must involve their parents. The other researcher are recommended to controlling the intestinal worms and infection disease.

Keyword: iron supplementation, hemoglobin, female students)