

ABSTRAK

EFEKTIFITAS KADAR HEMOGLOBIN SEBELUM DAN SESUDAH PEMBERIAN TABLET BESI (Fe) PADA REMAJA PENDERITA ANEMIA

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Hemoglobin merupakan komponen sel darah merah dan berfungsi untuk mendistribusikan oksigen ke seluruh tubuh. Tubuh membutuhkan oksigen untuk meningkatkan proses metabolisme. Penurunan kadar hemoglobin (Hb) dalam darah dapat menyebabkan penyakit anemia gizi besi (Anemia Defisiensi Besi). Kejadian anemia banyak terjadi terutama pada usia remaja putri. Penelitian ini bertujuan untuk mengetahui efektifitas pemberian tablet besi Fe terhadap kadar hemoglobin pada remaja putri anemia. Jenis penelitian ini menggunakan metode desain *experimental* pretest-posttest control grup. Teknik pengambilan sampel dengan *purposive sampling* dengan jumlah sampel 40 orang, 20 orang kelompok control dan 20 orang kelompok intervensi. Hasil penelitian menunjukkan adanya perbedaan kadar hemoglobin sebelum dan sesudah mengkonsumsi tablet tambah darah dimana rata-rata kadar hemoglobin kelompok intervensi 11,955 g/dl dan rata-rata kadar hemoglobin kelompok control 11.265 g/dl. Hasil uji analisis bivariat menggunakan uji *Mann Whitney* dapat disimpulkan terdapat perbedaan kadar hemoglobin sebelum dan setelah pemberian tablet besi (Fe) pada remaja penderita anemia dengan *p value* ≥ 0.05 , kelompok control 0.765 dan kelompok intervensi 0.000. Kesimpulan: Terdapat perbedaan kadar hemoglobin sebelum dan sesudah pemberian tablet besi (fe) pada remaja penderita anemia.

Kata kunci : Hemoglobin, Anemia Defisiensi Besi, Tablet Besi (Fe)

ABSTRACT

EFFECTIVENESS OF HEMOGLOBIN LEVELS BEFORE AND AFTER ADMINISTRATION OF IRON (Fe) TABLETS IN ADOLESCENTS WITH ANEMIA

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Hemoglobin is a component of red blood cells and functions to distribute oxygen throughout the body. The body needs oxygen to increase metabolic processes. A decrease in hemoglobin (Hb) levels in the blood can cause iron deficiency anemia (Iron Deficiency Anemia). Anemia occurs a lot, especially in young women. This study aims to determine the effectiveness of iron Fe tablet administration on hemoglobin levels in anemic adolescent girls.

This type of research uses a pretest-posttest control group experimental design method. The sampling technique was purposive sampling with a total sample of 40 people, 20 people in the control group and 20 people in the intervention group. The results of this study showed that there were differences in hemoglobin levels before and after taking iron supplement tablets where the average hemoglobin level in the intervention group was 11,955 g/dl and the average hemoglobin level in the control group was 11,265 g/dl. The results of the bivariate analysis test using the Mann Whitney test can be concluded that there are differences in hemoglobin levels before and after administration of iron (Fe) tablets in adolescents with anemia with a p value ≥ 0.05 , the control group is 0.765 and the intervention group is 0.000.

Conclusion: There are differences in hemoglobin levels before and after administration of iron (Fe) tablets in adolescents with anemia.

Keywords : Hemoglobin, Iron Deficiency Anemia, Iron (Fe) Tablets