

ABSTRAK

PEMBERIAN SUPLEMEN ZAT BESI UNTUK MENINGKATKAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DI DESA WONOREJO KEDAWUNG SRAGEN

Intan Pratama Wulan May (2018)

Mahasiswa Prodi Kebidanan STIKES Aisyiyah Surakarta

1. Rina Sri Wiayati, Skm., M.Kes
2. Endang Sri Wahyuni, Sst., M.Keb

Latar Belakang: Remaja putri mempunyai resiko lebih tinggi mengalami anemia di bandingkan remaja putra. Peningkatan kebutuhan zat besi terutama disebabkan kehilangan zat besi selama haid. Pencegahan dan penanganannya minum tablet Fe dan mengkonsumsi makanan yang mengandung banyak zat besi. **Tujuan:** mendeskripsikan hasil penerapan pemberian suplemen zat besi terhadap kadar hemoglobin pada remaja putri Karang Taruna Tunas Mekar Desa Woborejo Kedawung Sragen. **Metode :** menggunakan studi kasus dengan desain penelitian deskriptif. Jumlah responden 2 orang remaja putri anemia ringan dengan kadar hemoglobin 8,00-9,90 gram% di Karang Taruna Tunas Mekar Desa Wonorejo Kedawung Sragen. Pengumpulan data menggunakan metode wawancara dan melakukan pengecekan nilai kadar hemoglobin sebelum dan sesudah diberikan suplemen zat besi. **Hasil:** pada responden A usia 17 tahun kadar hemoglobin sebelum diberikan suplemen besi 8,60 % dan setelah diberikan suplemen besi nilai kadar hemoglobin 13,10%. Sedangkan pada responden B usia 17 tahun kadar hemoglobin sebelum diberikan suplemen besi 8,20% dan sesudah diberikan suplemen besi nilai kadar hemoglobin 13,90%. **Kesimpulan :** terdapat perubahan kadar hemoglobin sebelum dan sesudah dilakukan penerapan pemberian suplemen zat besi pada remaja putri Karang Taruna Tunas Mekar Desa Wonorejo, Kedawung Sragen.

Kata kunci : Remaja, Anemia, Zat besi

ABSTRACT

PROVIDING IRON SUBSTANCE SUPPLEMENT TO IMPROVE HEMOGLOBIN LEVELS IN ADOLESCENT PRINCESS IN WONOREJO VILLAGE KEDAWUNG SRAGEN

Intan Pratama Wulan May (2018)

Mahasiswa Prodi Kebidanan STIKES Aisyiyah Surakarta

1. Rina Sri Wiayati, Skm., M.Kes
2. Endang Sri Wahyuni, Sst., M.Keb

Background: Young women have a higher risk of anemia compared to young men. Increased iron requirements are mainly due to iron loss during menstruation. Prevention and handling of drinking Fe tablets and consuming foods that contain lots of iron. **Objective:** to describe the results of the application of iron supplementation to hemoglobin levels in coral adolescent girls Tarujna Tunas Mekar, Wonorejo Kedawung Sragen Village. **Method:** using a case study with descriptive research design. Number of respondents 2 young women with mild anemia with hemoglobin level 8.00-9.90 gram% in coral shoots buddy bloom wonorejo kedawung sragen village. Data collection used the interview method and checked the value of hemoglobin levels before and after iron supplements were given. **Results:** At 17 years of age A respondents hemoglobin levels before iron supplements were given 8.60% and after iron supplementation the value of hemoglobin levels was 13.10%. whereas in respondent B aged 17 years, hemoglobin levels before being given iron iron were 8.20% and after iron supplementation the hemoglobin level was 13.90%. **Conclusion:** there was a change in hemoglobin level before and after the application of iron supplementation was given to the young adolescent coral girl in the bloom of Wonorejo village, Kedawung Sragen.

Keywords : *Teenagers, Anemia, Iron*