

EFFECTIVENESS OF EGG AND FE TABLET CONSUMPTION ON INCREASING LEVELS HEMOGLOBIN OF PREGNANT WOMEN

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ABSTRACT

Background: *Pregnancy is a physiological and natural process. The pregnancy process is a series of interrelated events, starting from conception, then nidation, continuing with the mother's adaptation to nidation, maintenance of pregnancy, and finally hormonal changes aimed at preparing the mother's body for the process of labor and birth of the baby. Blood thinning (hemodilution) during pregnancy often occurs with an increase in plasma volume of 30% - 40%, an increase in blood cells of 18% - 30% and hemoglobin of 19%. Hemodilution occurs from 10 weeks of pregnancy and reaches a peak at 32 weeks.*

Objective: *This research is to determine the effectiveness of consuming eggs and Fe tablets on increasing hemoglobin levels in pregnant women. **Method:** this research uses a Quasi Experiment Design. This research is Pre tes - Post Test Control Group Design. This research was located in the working area of the Padang Tuesday Palembang Community Health Center from March to May 2024. The population in this study was 30 respondents. pregnant women who experience $HB < 11\text{gr/dl}$. The sampling technique was carried out using non-probability sampling with total sampling. The total sample was 30 pregnant women, namely 15 pregnant women in the control group and 15 pregnant women in the treatment group. Hemoglobin measurement tool uses Easy Touch Blood Hemoglobin. Bivariate analysis in this study used the paired t-test. The results of the study showed that giving Fe and eggs was more effective in increasing the hemoglobin levels of pregnant women as shown by the $p\text{-value} = 0.001 < \alpha (0.05)$.*

Conclusion: *there is an increase in hemoglobin levels in pregnant women in the Padang Selasa Palembang health center work area.*

Keywords: *Chicken Eggs; Hemoglobin; Pregnant mother*