

ABSTRACT

GIVING SWEET POTATO CONSUMPTIONS TO INCREASE HAEMOGLOBIN LEVELS IN THIRD TRIMESTER OF PREGNANT WOMEN IN JATIJOSO HEALTH CENTER

Dian Ayu Safitri (2019)
Midwifery Diploma III STIKES 'Aisyiyah Surakarta
Enny Yuliaswati¹, Istiqomah Risa Wahyuningsih².

Background: Anemia in pregnancy is a condition of the mother with a hemoglobin level below 11 gr / dL. One of the causes of anemia due to iron deficiency caused by food intake. Foods that contain iron include sweet potatoes. The use of sweet potatoes can be consumed to increase hemoglobin levels in red blood cells because it is rich in iron. **Objective:** Describe the results of sweet potato administration to increase hemoglobin levels in third trimester pregnant women. **Method:** The method used in this study is descriptive case study. The subjects of this study were two third trimester pregnant women with gestational age 33-36 weeks. Presentation of data is processed from the results of hemoglobin examination and interviews. This research was conducted in April 2019 by giving 200 grams of sweet potatoes every day for 7 days. **Results:** Hemoglobin level before consuming sweet potato, namely in Ny. S 10.2 g / dL and Ny. W 8.8 g / dL. After consuming sweet potatoes the hemoglobin level increased in both respondents, namely Ny. S and Mrs. W becomes 11.5 g / dL and 12.2 g / dL. **Conclusion:** Giving sweet potatoes can increase the hemoglobin level of pregnant women.

Keywords: Sweet potato, Hemoglobin level, Pregnant women