

ABSTRAK

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PENERAPAN PEMBERIAN JUS JAMBU BIJI TERHADAP PERUBAHAN KADAR HEMOGLOBIN PADA IBU HAMIL TRIMESTER III DI DESA MOJOPURO KECAMATAN JATIROTO KABUPATEN WONOGIRI

ABSTRAK

Latar Belakang: Berdasarkan hasil Riset Kesehatan Dasar prevalensi terjadinya anemia pada ibu hamil di Provinsi Jawa Tengah tahun 2013 sebesar 78,9%. Anemia dapat disebabkan oleh adanya hemodilusi (pengenceran darah) pada tubuh. Pencegahan dan penanganan anemia dengan cara minum tablet Fe dan mengonsumsi makanan yang mengandung zat besi serta Vitamin C. Buah yang dapat membantu proses penyerapan zat besi yaitu jambu biji, karena 100 gram jambu biji mengandung vitamin C 87 mg dengan tingginya kadar Vitamin C dapat membantu proses penyerapan zat besi secara maksimal. **Tujuan:** Mendeskripsikan hasil implementasi penerapan pemberian jus jambu biji terhadap perubahan kadar hemoglobin pada ibu hamil trimester III di Desa Mojopuro Kecamatan Jatiroto Kabupaten Wonogiri. **Metode:** Desain penelitian deskriptif. Jumlah responden 2 orang ibu hamil trimester III dengan anemia. Pada penelitian ini ibu hamil trimester III diukur kadar hbnya, kemudian diberikan jus jambu biji sebanyak 100 gram dalam 250 ml air selama 7 hari berturut-turut dan pada hari ke-8 diukur lagi kadar Hbnya. **Hasil:** Kadar hemoglobin responden sebelum diberikan jus jambu biji yaitu < 11 gr%, kemudian setelah diberikan jus jambu biji yaitu > 11 gr%. **Kesimpulan:** Terdapat peningkatan kadar hemoglobin sebelum dan sesudah dilakukan penerapan pemberian jus jambu biji pada ibu hamil trimester III di Desa Mojopuro Kecamatan Jatiroto Kabupaten Wonogiri.

Kata Kunci : *kehamilan, anemia, zat besi, jus jambu biji*

ABSTRACT

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IMPLEMENTATION OF GRANTING OF SEEDS GUARANTEED JUICE
ON CHANGES OF HEMOGLOBIN LEVELS IN PREGNANT WOMEN
TRIMESTER III IN VILLAGE MOJOPURO KECAMATAN JATIROTO
WONOGIRI DISTRICT

ABSTRACT

Background: Based on the results of the Health Research Baseline the prevalence of anemia in pregnant women in Central Java Province in 2013 was 78.9%. Anemia can be caused by hemodilution (blood thinning) in the body. Prevention and treatment of anemia by drinking Fe tablets and consuming foods containing iron and Vitamin C. Fruit that can help the process of absorption of iron is guava, because 100 grams of guava contains 87 mg of vitamin C with high levels of Vitamin C can help the process maximum iron absorption.

Objective: Describe the results of the implementation of the application of guava juice to changes in hemoglobin levels in pregnant women in third trimester in Mojopuro Village, Jatiroto District, Wonogiri Regency. **Method:** Descriptive research design. The number of respondents is 2 third trimester pregnant women with anemia. In this study the third trimester pregnant women measured their HB levels, then given 100 grams of guava juice in 250 ml of water for 7 consecutive days and on the 8th day Hb levels were measured again.

Results: Respondent's hemoglobin level before giving guava juice is <11 gr%, then after giving guava juice is > 11 gr%. **Conclusion:** There was an increase in hemoglobin levels before and after the application of guava juice to third trimester pregnant women in Mojopuro Village, Jatiroto District, Wonogiri District.

Keywords: *pregnancy, anemia, iron, guava juice*