

INTISARI

Salah satu cara untuk melihat pengaruh pemberian asam folat dan zat besi pada ibu hamil adalah dengan melihat kadar hemoglobin di dalam darah ibu hamil. Pada kehamilan, sering didapatkan penurunan kadar hemoglobin akibat peningkatan volume darah pada ibu. Penelitian ini bertujuan untuk mengetahui gambaran penggunaan asam folat dan zat besi pada ibu hamil serta hubungan asam folat dan zat besi terhadap kadar hemoglobin dalam darah ibu hamil di Apotek Solo periode November sampai Desember 2020. Penelitian ini dilakukan secara analitik dengan pendekatan *cross sectional*. Sampel adalah ibu hamil yang diperiksa kandungan secara rutin di Apotek Solo sejak awal hamil sampai menuju masa persalinan dan bersedia datanya digunakan untuk penelitian. Jumlah sampel sebanyak 83 responden dengan teknik pengambilan secara *simple random sampling*. Hasil penelitian ini menunjukkan, berdasarkan karakteristik usia sebanyak 96,4 % ibu hamil berusia ≤ 35 tahun dan 3,6 % berusia > 35 tahun. Berdasarkan usia kehamilan sebanyak 88 % berada di usia kehamilan trimester III, sebanyak 8,4 % berada di usia kehamilan trimester II, dan sebanyak 3,6 % berada di usia kehamilan trimester I. Berdasarkan gambaran penggunaan asam folat dan zat besi sebanyak 83,1 % menggunakan asam folat dan zat besi, sedangkan sebanyak 16,9 % tidak menggunakan asam folat dan zat besi. Berdasarkan status hemoglobin ibu hamil sebanyak 83,1 % dengan status baik ($>10,5$) dan sebanyak 16,9 % dengan status kurang baik ($\leq 10,5$). Terdapat perbedaan yang signifikan antara pengaruh penggunaan asam folat dan zat besi terhadap kadar hemoglobin dalam darah ibu hamil ($p < 0,05$).

Kata kunci: Asam folat, zat besi, hemoglobin, ibu hamil.

ABSTRACT

The effect of folic acid and iron on pregnant can be seen in the hemoglobin level in the blood. In pregnancy, there is often a decrease in hemoglobin levels due to an increase in the volume of blood. This study aims to describe the use of folic acid and iron in pregnant and the correlation between folic acid and iron on hemoglobin levels in the blood of pregnant at the Solo drugstore from November to December 2020. This study was conducted analytically with a cross-sectional approach. The sample used pregnant women who checked the womb regularly at the Solo drugstore from the beginning of pregnancy to delivery and were willing to use the data for research. The number of samples was 83 respondents and it implemented a simple random sampling technique. The results of this study indicate that based on age characteristics, 96.4% of pregnant women are < 35 years old and 3.6% are > 35 years old. Based on gestational age, it shows that 88% were in the third trimester of gestation, 8.4% were in the second trimester and 3.6% were in the first trimester. Based on the description of the use of folic acid and iron, there is 83.1 % used folic acid and iron, while 16.9% do not use folic acid and iron. Based on the hemoglobin status of pregnant women, it indicates that 83.1% is categorized as good status (> 10.5) and 16.9% belongs to poor status (≤ 10.5). There was a significant difference between the effect of folic acid and iron use on hemoglobin levels in the blood of pregnant women ($p < 0.05$).

Keywords: Folic Acid, Iron, Hemoglobin, Pregnant Women.

