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HUBUNGAN ASUPAN PROTEIN, VITAMIN C, ZAT BESI DAN KEPATUHAN MENGONSUMSI TABLET FE TERHADAP KADAR HEMOGLOBIN IBU HAMIL DI WILAYAH KERJA AMUNTAI SELATAN

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Hemoglobin merupakan senyawa pembawa oksigen pada sel darah merah. Kadar hemoglobin seseorang dapat dipengaruhi oleh beberapa faktor lain: usia, jenis kelamin, penyakit sistemik dan pola makan. Asupan zat gizi berperan dalam pembentukan sel darah merah. Terganggunya pembentukan sel darah merah bisa disebabkan makanan yang dikonsumsi kurang mengandung zat gizi penting seperti besi, asam folat, vitamin B12, protein, vitamin C dan zat gizi penting lainnya. Penelitian ini bertujuan untuk mengetahui hubungan asupan protein, vitamin C, zat besi dan kepatuhan mengonsumsi tablet Fe pada ibu hamil di wilayah kerja Puskesmas Amuntai Selatan. Penelitian ini menggunakan metode survey analitik dengan pendekatan *cross sectional.* Penelitian ini dilakukan terhadap 86 responden ibu hamil. Berdasarkan uji statistik pada beberapa variabel dengan menggunakan *regresi logistic* menunjukkan bahwa asupan protein didapatkan nilai p=0,002, vitamin C didapatkan nilai p=0,000, zat besi didapatkan nilai p=0,007 dan kepatuhan mengonsumsi tablet Fe didapatkan nilai p=0,000 yang berarti ada hubungan yang signifikan antara asupan protein, vitamin C, zat besi dan kepatuhan mengonsumsi tablet Fe terhadap kadar hemoglobin pada ibu hamil. Ibu hamil dapat memperhatikan kecukupan asupan protein, vitamin C dan zat besi serta meningkatkan kepatuhan dalam mengonsumsi tablet Fe agar tidak terjadi anemia.

Kata kunci : asupan protein, vitamin C, zat besi, kepatuhan mengonsumsi tablet Fe dan kadar hemoglobin pada ibu hamil.

ABSTRACT

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RELATIONSHIP OF PROTEIN, VITAMIN C, IRON AND FE TABLETS CONSUMPTION COMPLIANCE WITH THE HEMOGLOBIN LEVEL OF PREGNANT WOMEN IN THE WORKING AREA OF AMUNTAI SELATAN

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Hemoglobin is the oxygen-carrying compound in red blood cells. Someone hemoglobin level scan be affected by several other factors: age, gender, systemic disease and diet. Nutrient intake plays a role in the formation of redblood cells. Disruption of the formation of redblood cells could be due to lack of food consumed contains essential nutrients such as iron, folic acid, vitamin B12, protein, vitamin C and other important nutrients. This study aims to determine the relationship of protein intake, vitamin C, iron and iron tablet adherence compliance in pregnant women in the area of South Amuntai Health Center. This research uses analytical survey method with cross sectional approach. This research was conducted on 86 respondents pregnant women. Based on statistical tests on several variables using logistic regression showed that protein intake obtained p value = 0.002, vitamin C obtained p value = 0,000, iron obtained p value = 0.007 and compliance taking Fe tablets obtained p value = 0,000 which means there is a significant relationship significant between protein intake, vitamin C, iron and adherence to consume Fe tablets to hemoglobin levels in pregnant women. Pregnant women can pay attention to adequate intake of protein, vitamin C and iron and increase compliance in consuming Fe tablets so that anemia does noto occur.