

ABSTRAK

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HUBUNGAN ASUPAN PROTEIN, ZAT BESI, ASAM FOLAT DAN VITAMIN C DENGANKADAR HEMOGLOBIN IBU HAMIL DI KELURAHAN LANDASAN ULIN UTARA

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(xv + 77)

Kebutuhan zat gizi makro seperti protein, zat besi, asam folat dan vitamin C sangat penting dalam menjaga keseimbangan dan kesehatan tubuh ibu hamil terutama dalam menjaga hemoglobin ibu selama hamil. Penelitian ini bertujuan untuk mengetahui hubungan asupan protein, zat besi, asam folat dan Vitamin C dengan kadar hemoglobin pada Ibu hamil di Kelurahan Landasan Ulin Utara. Penelitian observasional analitik ini menggunakan desain *cross-sectional*. Melibatkan 30 ibu hamil diambil menggunakan teknik *total sampling*. Instrumen penelitian adalah kuesioner, formulir *Semi Quantitative Food Frequency Questionnaire*. Data dianalisis menggunakan uji *chi square*. Hasil penelitian ini menunjukkan bahwa sebagian besar ibu hamil mengalami anemia pada trimester II sebanyak 43,33%, asupan protein selama ibu hamil cukup dengan persentase 83,33%, asupan zat besi kurang dengan persentase 83,33%, asam folat juga kurang dengan persentase 90% dan Vitamin C cukup dengan persentase 63,33%. Dapat disimpulkan bahwa asupan protein ($p=0,005$) dan asam folat ($p=0,004$) berhubungan dengan kadar hemoglobin ibu hamil, sedangkan asupan zat besi ($p=0,337$) dan Vitamin C ($p=0,603$) tidak berhubungan dengan kadar hemoglobin ibu hamil. Disarankan untuk ibu hamil agar tetap mengonsumsi sumber zat besi dan Vitamin C karena dapat juga meningkatkan kadar hemoglobin ibu hamil seperti halnya sumber protein dan asam folat.

Kata Kunci:Asam Folat, Hemoglobin, Protein, Vitamin C, Zat Besi.

ABSTRACT

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THE RELATIONSHIP BETWEEN PROTEIN, IRON, FOLIC ACID AND VITAMIN C INTAKE WITH HEMOGLOBIN LEVELS OF PREGNANT WOMEN IN LANDASAN ULIN UTARA

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The need for macro-nutrients such as protein, iron, folic acid and vitamin C is very important in maintaining the balance and health of the pregnant woman's body, especially in maintaining the mother's hemoglobin during pregnancy. This study aims to determine the relationship between intake of protein, iron, folic acid and vitamin C with hemoglobin levels in pregnant women in the Landasan Ulin Utara Village. This analytic observational study used a cross-sectional design. Involving 30 pregnant women were taken using the total sampling technique. The research instrument was a questionnaire, the Semi Quantitative Food Frequency Questionnaire form. Data were analyzed using the chi square test. The results of this study indicate that most pregnant women experience anemia in the second trimester of 43.33%, protein intake during pregnancy is sufficient with a percentage of 83.33%, iron intake is lacking with a percentage of 83.33%, folic acid is also lacking with a percentage 90% and Vitamin C sufficient with a percentage of 63.33%. It can be concluded that intake of protein ($p=0.005$) and foic acid ($p=0.004$) is associated with hemoglobin levels of pregnant women, while intake of iron ($p=0.337$) and Vitamin C ($p=0.603$) is not associated with hemoglobin levels of pregnant women. It is recommended for pregnant women to continue to consume sources of iron and Vitamin C because they can also reduce hemoglobin levels in pregnant women as well as sources of protein and folic acid.

Keywords: *Folic Acid, Hemoglobin, Iron, Protein, Vitamin C,*