

Efektifitas suplementasi zat besi program lama dan baru kemenkes terhadap perubahan kadar hemoglobin siswi anemia di kabupaten Bengkulu utara tahun 2017

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Abstrak

Anemia merupakan salah satu masalah gizi, yang perlu mendapat perhatian khusus. Remaja putri termasuk golongan yang rawan menderita anemia karena mengalami mensturasi setiap bulan dan sedang dalam masa pertumbuhan. Tujuan penelitian untuk mengetahui perbedaan efektifitas suplementasi TTD program lama dan baru Kemenkes terhadap perubahan kadar hemoglobin siswi anemia di Kabupaten Bengkulu Utara. Rancangan penelitian randomized control group pretest dan posttest. Subyek penelitian dikelompokkan menjadi 2 kelompok perlakuan yaitu kelompok A (19 siswi) diberi suplementasi program lama (satu tablet per minggu dan satu tablet selama haid) dan kelompok B (19 siswi) diberi suplementasi program baru (satu tablet per minggu). Pemberian suplementasi TTD diminum di depan peneliti diberikan selama 8 minggu. Data asupan zat gizi diperoleh dengan kuesioner food recall, lama haid, lama menarche, kebiasaan minum teh atau kopi, pengetahuan tentang anemia dan TTD diperoleh melalui kuesioner berstruktur, kadar Hb awal dan akhir dengan cyanmethemoglobin. Hasil penelitian menunjukkan tidak terdapat perbedaan efektifitas perubahan kadar Hb pada kedua kelompok intervensi ($p=0.402$) dan tidak ada hubungan bermakna antara variabel internal dan eksternal terhadap perubahan kadar hemoglobin siswi kecuali Hb awal ($p=0.001$) dengan rata-rata perubahan Hb siswi kelompok A sebesar 1.77 g/dl sedangkan kelompok B sebesar 1.44 g/dl. Kata kunci : zat besi , suplementasi, perubahan hemoglobin, anemia, remaja putri

Anemia is one of the nutritional problems, which needs to be highly concerned. Adolescent girls are included to a group which is susceptible to anaemia because of their monthly menstruation and growth periods. This study aims to investigate difference effectiveness between old and new programs of the ministry iron supplementation in changes hemoglobin level among anemic students in Kabupaten Bengkulu Utara. Design of this study is randomized control group pretest dan posttest. Subjects were randomized into two groups, group A (19 subjects) old program supplementation (once per week and once per day in menstrual period) and group (B) new program supplementation (once per week). Supplementation of iron tablet was given for a consecutive 8 weeks. Nutrient intake obtained with the food recall questionnaire, days menstruation, menarche, drinking tea or kopi , knowledge anemia and iron tablet through structured questionnaire and level of hemoglobin by cymethemoglobin. The study shows no difference found in the change of hemoglobin level of the two groups ($p=0.402$) and internal and external variable were not significantly in the change of hemoglobin level except early hemoglobin with mean hemoglobin change in old program supplementation was 1.77 g/dl while in new program supplementation the change was 1.44 g/dl. Keyword : iron, supplementation, change of hemoglobin level, anemia, adolescent girls