

ABSTRAK

Hubungan Kadar Hemoglobin Dengan Pemenuhan Kebutuhan Nutrisi Ibu Nifas Di Wilayah Kerja Puskesmas Tirto 1

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Latar Belakang : Salah satu komplikasi yang paling umum selama persalinan adalah anemia postpartum dan merupakan penyebab utama morbiditas dan mortalitas ibu. Penelitian ini bertujuan mengetahui hubungan kadar Hemoglobin dengan pemenuhan kebutuhan nutrisi ibu nifas.

Metode : Penelitian kuantitatif desain korelasi dengan pendekatan *cross sectional*. Tempat penelitian di Wilayah Kerja Puskesmas Tirto 1. Sampel diambil dengan cara *total sampling* sebanyak 50 responden. Responden pada penelitian yaitu Ibu Nifas dengan masa nifas tidak lebih dari 42 hari. Instrumen penelitian berupa kuesioner *Food Frequency Questionnaire* yang memiliki 24 pertanyaan dan telah di uji validitas dan reliabilitas dengan nilai *Cronbach alpha* 0,767. Sedangkan pemeriksaan kadar Hemoglobin dengan *Easy Touch GcHb*.

Hasil : Hasil penelitian didapatkan responden Hb Anemia dengan pemenuhan nutrisi terpenuhi dan tidak terpenuhi sebanyak 21 responden 42%. Hasil didapatkan responden dengan pemenuhan nutrisi tidak terpenuhi serta memiliki kadar Hb anemia dan Hb normal sebanyak 14 responden (28%). Uji *Chi Square* menunjukkan nilai $p\text{ value } 0,808 > \alpha (0,05)$ artinya tidak ada hubungan kadar Hemoglobin dengan pemenuhan kebutuhan nutrisi pada ibu nifas.

Simpulan : Kadar Hemoglobin tidak berhubungan dengan pemenuhan kebutuhan nutrisi pada ibu nifas. Petugas kesehatan diharapkan memberikan penyuluhan pentingnya pemenuhan kebutuhan nutrisi dan mengkonsumsi obat penambah zat besi saat nifas sehingga tidak mengalami anemia.

Kata kunci : Kadar Hemoglobin, nutrisi, ibu nifas

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ABSTRACT

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The Relationship Between Hemoglobin Levels and Nutritional Needs Fulfillment among Postpartum Mothers in the Tirto 1 Public Health Center

Background: Postpartum anemia is a common complication of childbirth that contributes significantly to maternal morbidity and mortality. This study aims to identify the relationship between Hemoglobin level and Nutritional Needs fulfillment among post-partum mothers.

Method: The design of this study is correlational study with cross-sectional approach. The study placed in Tirto 1 Public Health Center. A total of 50 respondents were included in the sample. This study involved mothers who had recently given birth and had a postpartum period of no more than 42 days. The Food Frequency Questionnaire was used in this study that consisted of 24 questions and has a Cronbach alpha score of 0.767 for validity and reliability testing. Hemoglobin level was measured by using Easy Touch GcHb.

Result: The study found that 21 respondents (42%) had anemia and 14 respondents (28%) had normal hemoglobin, with some having their nutritional needs met, while others experienced nutritional deficiencies. Chi-square showed p-value 0.808 indicates that there's no relationship between nutritional needs fulfillment and hemoglobin level among postpartum mothers.

Conclusion: This study concluded that hemoglobin level was not related to nutritional needs fulfillment. Health care providers expected to educate the importance of nutritional needs fulfillment by consuming iron supplement to prevent anemia postpartum.

Keywords: Hemoglobin level, Nutrition, Postpartum mother

Bibliography: 61 (2014-2024).