

ABSTRAK

Anemia pada kehamilan merupakan masalah kesehatan yang dapat meningkatkan risiko morbiditas dan mortalitas ibu maupun janin. Salah satu upaya penanggulangannya adalah pemberian tablet tambah darah (TTD) yang dikombinasikan dengan vitamin C untuk meningkatkan absorpsi zat besi. Penelitian ini bertujuan menganalisis pengaruh konsumsi TTD dan vitamin C terhadap kadar hemoglobin pada ibu hamil trimester II dan III di wilayah kerja Puskesmas Pangandaran. Penelitian menggunakan metode kuantitatif dengan desain quasi experiment dan rancangan pre-test and post-test with control group. Populasi berjumlah 290 ibu hamil trimester II dan III, dengan sampel 82 responden yang dibagi menjadi kelompok intervensi dan kontrol, masing-masing 41 responden. Kadar hemoglobin diukur sebelum dan sesudah intervensi menggunakan alat pemeriksaan hemoglobin digital. Analisis data menggunakan uji Independent t-test dengan $\alpha = 0,05$. Hasil penelitian menunjukkan rerata kadar hemoglobin setelah intervensi pada kelompok TTD dan vitamin C sebesar $11,19 \pm 0,50$ g/dL, lebih tinggi dibandingkan kelompok TTD sebesar $10,52 \pm 0,71$ g/dL, dengan nilai $p = 0,000$ ($p < 0,05$). Disimpulkan bahwa pemberian kombinasi TTD dan vitamin C berpengaruh signifikan terhadap peningkatan kadar hemoglobin pada ibu hamil trimester II dan III.

Kata kunci: anemia pada kehamilan, kadar hemoglobin, ibu hamil, tablet tambah darah, vitamin C.

**THE EFFECT OF IRON SUPPLEMENTATION TABLETS AND VITAMIN C
CONSUMPTION ON HEMOGLOBIN LEVELS AMONG SECOND- AND THIRD-
TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF
PANGANDARAN COMMUNITY HEALTH CENTER**

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ABSTRACT

Anemia during pregnancy is a health problem that can increase the risk of maternal and fetal morbidity and mortality. One approach to its prevention and management is the administration of iron tablets combined with vitamin C to enhance iron absorption. This study aimed to analyze the effect of consuming iron tablets and vitamin C on hemoglobin levels among pregnant women in the second and third trimesters in the working area of Pangandaran Public Health Center. This quantitative study used a quasi-experimental design with a pre-test and post-test with control group design. The population consisted of 290 pregnant women in the second and third trimesters, with a sample of 82 respondents divided into an intervention group and a control group, each consisting of 41 respondents. Hemoglobin levels were measured before and after the intervention using a digital hemoglobin analyzer. Data were analyzed using the Independent t-test with a significance level of $\alpha = 0.05$. The results showed that the mean post-intervention hemoglobin level in the iron tablet and vitamin C group was 11.19 ± 0.50 g/dL, higher than that in the iron tablet-only group at 10.52 ± 0.71 g/dL, with $p = 0.000$ ($p < 0.05$). It was concluded that the combination of iron tablets and vitamin C significantly increased hemoglobin levels among pregnant women in the second and third trimesters.

Keywords: *anemia during pregnancy, hemoglobin level, iron supplementation tablets, pregnant women, vitamin C.*