

EFEKTIVITAS PEMBERIAN SUPLEMEN ZAT BESI BERSAMA ASAM FOLAT TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA IBU HAMIL ANEMIA

ABSTRAK

Anemia pada kehamilan masih menjadi masalah kesehatan karena dapat meningkatkan risiko komplikasi pada ibu dan janin. Penelitian ini bertujuan menganalisis efektivitas pemberian suplemen zat besi bersama asam folat terhadap peningkatan kadar hemoglobin pada ibu hamil anemia di Puskesmas Sidareja, Kabupaten Cilacap. Penelitian kuantitatif ini menggunakan desain praeksperimental dengan pendekatan *one-group pretest-posttest*. Sampel terdiri atas 65 ibu hamil anemia yang dipilih menggunakan teknik *total sampling*. Intervensi berupa pemberian suplemen zat besi bersama asam folat selama 30 hari. Kadar hemoglobin diukur sebelum dan sesudah intervensi. Data dianalisis secara univariat dan bivariat menggunakan uji *t* berpasangan setelah uji normalitas Shapiro–Wilk menunjukkan data berdistribusi normal ($p = 0,062$). Hasil penelitian menunjukkan bahwa rerata kadar hemoglobin meningkat dari $9,60 \pm 0,518$ g/dL sebelum intervensi menjadi $11,18 \pm 0,364$ g/dL sesudah intervensi, dengan selisih rerata sebesar 1,577 g/dL. Uji *t* berpasangan menghasilkan $p < 0,001$, yang menunjukkan adanya perbedaan bermakna antara kadar hemoglobin sebelum dan sesudah intervensi. Disimpulkan bahwa pemberian suplemen zat besi bersama asam folat efektif meningkatkan kadar hemoglobin pada ibu hamil anemia.

Kata kunci: anemia, asam folat, hemoglobin, ibu hamil, zat besi

**THE EFFECTIVENESS OF COMBINED IRON AND FOLIC ACID
SUPPLEMENTATION IN INCREASING HEMOGLOBIN LEVELS AMONG
ANEMIC PREGNANT WOMEN**

ABSTRACT

Anemia during pregnancy remains a health concern because it can increase the risk of maternal and fetal complications. This study aimed to analyze the effectiveness of iron supplementation combined with folic acid in increasing hemoglobin levels among anemic pregnant women at Sidareja Public Health Center, Cilacap Regency. This quantitative study employed a pre-experimental one-group pretest–posttest design. The sample comprised 65 anemic pregnant women selected through total sampling. The intervention consisted of iron and folic acid supplementation for 30 days. Hemoglobin levels were measured before and after the intervention. Data were analyzed using univariate and bivariate analyses with a paired t-test after the Shapiro–Wilk normality test confirmed that the data were normally distributed ($p = 0.062$). The mean hemoglobin level increased from 9.60 ± 0.518 g/dL before the intervention to 11.18 ± 0.364 g/dL afterward, with a mean increase of 1.577 g/dL. The paired t-test yielded $p < 0.001$, indicating a statistically significant difference between pre- and post-intervention hemoglobin levels. It was concluded that combined iron and folic acid supplementation was effective in increasing hemoglobin levels among anemic pregnant women.

Keywords: *anemia, folic acid, hemoglobin, iron, pregnant women*