

PROGRAM STUDI ILMU KEPERAWATAN (S-1)
FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH CIAMIS

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**PENGARUH PENDAMPINGAN NUTRISI TERHADAP PENINGKATAN
KADAR HEMOGLOBIN IBU HAMIL DI PUSKESMAS SINDANGKASIH
KECAMATAN SINDANGKASIH
KABUPATEN CIAMIS TAHUN 2025**

ABSTRAK

Latar belakang penelitian ini adalah prevalensi kejadian anemia masih tinggi sehingga diperlukan pendampingan nutrisi bagi ibu hamil. **Tujuan** penelitian ini untuk mengetahui pengaruh pendampingan nutrisi terhadap peningkatan Kadar Hemoglobin Ibu Hamil di Puskesmas Sindangkasih Kecamatan Sindangkasih Kabupaten Ciamis Tahun 2025. **Metode** Penelitian ini menggunakan *Quasi Eksperimen* dengan rancangan *pre and post test one group desain*. Populasi dalam penelitian ini adalah ibu hamil TM III yang memeriksakan kehamilan di Puskesmas Sindangkasih yaitu sebanyak 106 ibu hamil. Teknik pengambilan sampel menggunakan *purposive sampling* sehingga diperoleh sampel sebanyak 46 orang. **Hasil Penelitian** menunjukkan bahwa : 1) Kadar Hemoglobin Ibu Hamil di Puskesmas Sindangkasih Kecamatan Sindangkasih Kabupaten Ciamis sebelum diberikan pendampingan nutrisi dari 46 responden diketahui bahwa sebanyak 8 orang atau 17.39% dikategorikan normal, sebanyak 26 orang atau 56.52% responden dikategorikan ringan dan sebanyak 12 responden atau 26,09% dikategorikan sedang. 2) Kadar Hemoglobin Ibu Hamil di Puskesmas Sindangkasih Kecamatan Sindangkasih Kabupaten Ciamis sesudah diberikan pendampingan nutrisi dari 46 responden diketahui bahwa sebanyak 38 orang atau 82.61% dikategorikan normal, sebanyak 8 orang atau 17.39% responden dikategorikan ringan. 3) Hasil analisis bivariat menunjukkan bahwa terdapat perbedaan yang sangat signifikan antara kadar Hb ibu hamil sebelum dan sesudah pendampingan nutrisi. **Kesimpulan** bahwa program pendampingan nutrisi yang diberikan terbukti efektif dalam meningkatkan kadar hemoglobin pada ibu hamil dengan nilai *p-value* sebesar 0,000 ($p < 0,05$).

Kata Kunci : *pendampingan nutrisi, kadar hemoglobin, ibu hamil.*

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*THE EFFECT OF NUTRITIONAL SUPERVISION ON INCREASING
PREGNANT WOMEN'S HEMOGLOBIN LEVELS AT THE SINDANGKASIH
PUBLIC HEALTH CENTER, SINDANGKASIH DISTRICT, CIAMIS REGENCY,
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ABSTRACT

The background of this study is the prevalence of anemia is still high so that nutritional assistance is needed for pregnant women. The purpose of this study was to determine the effect of nutritional assistance on increasing the Hemoglobin Levels of Pregnant Women at the Sindangkasih Community Health Center, Sindangkasih District, Ciamis Regency in 2025. This research method used Quasi Experiment with a pre and post test one group design. The population in this study were TM III pregnant women who checked their pregnancy at the Sindangkasih Community Health Center, namely 106 pregnant women. The sampling technique used purposive sampling so that a sample of 46 people was obtained. The results of the study showed that: 1) The Hemoglobin Levels of Pregnant Women at the Sindangkasih Community Health Center, Sindangkasih District, Ciamis Regency before being given nutritional assistance from 46 respondents were known that 8 people or 17.39% were categorized as normal, 26 people or 56.52% of respondents were categorized as mild and 12 respondents or 26.09% were categorized as moderate. 2) Hemoglobin levels of pregnant women at the Sindangkasih Community Health Center, Sindangkasih District, Ciamis Regency, after receiving nutritional assistance, were found in 46 respondents. 38 (82.61%) were categorized as normal, and 8 (17.39%) were categorized as mild. 3) Bivariate analysis showed a very significant difference between the hemoglobin levels of pregnant women before and after nutritional assistance. The conclusion is that the nutritional assistance program was proven effective in increasing hemoglobin levels in pregnant women, with a p-value of 0.000 ($p < 0.05$).

Keywords: nutritional assistance, hemoglobin levels, pregnant women.