

ABSTRAK

PENGARUH EKSTRAK DAUN KELOR TERHADAP KENAIKAN KADAR HEMOGLOBIN IBU HAMIL DI PUSKESMAS KERUMUTAN KABUPATEN PELALAWAN

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World Health Organization mengungkapkan secara global prevalensi anemia pada ibu hamil sebesar 37% dengan penyebab terbesar yakni anemia defisiensi zat besi. Laporan Riset Kesehatan Dasar tahun 2018 menunjukkan bahwa telah terjadi peningkatan prevalensi anemia pada ibu hamil yang cukup signifikan dari tahun sebelumnya yakni 37,1 % kemudian meningkat menjadi 48,9%. Selain dengan pemberian TTD, guna mengatasi kejadian anemia selama kehamilan, ibu hamil dapat diberikan tambahan terapi yakni ekstrak daun kelor. Penelitian ini bertujuan untuk mengetahui pengaruh ekstrak daun kelor terhadap kenaikan kadar hemoglobin ibu hamil di Puskesmas Kerumutan Tahun 2024. Jenis penelitian adalah kuantitatif eksperimental dengan *pre eksperimental design* dengan tipe *one group pretest-posttest*. Sampel dalam penelitian sejumlah 18 orang ibu hamil yang dipilih berdasarkan teknik *purposive sampling*. Analisa data dilakukan secara univariat dan bivariat menggunakan uji analisis *paired sample t-test*. Hasil penelitian menunjukkan bahwa p_{value} sebesar $0,0001 < 0,05$ yang artinya terdapat pengaruh ekstrak daun kelor terhadap peningkatan kadar hemoglobin ibu hamil di Puskesmas Kerumutan Kabupaten Pelalawan. Diharapkan konsumsi ekstrak daun kelor dapat dijadikan sebagai salah satu intervensi pilihan untuk diterapkan di Puskesmas Kerumutan Kabupaten Pelalawan dalam memberikan intervensi pada ibu hamil guna mengatasi kejadian anemia dalam kehamilan.

Kata Kunci : Anemia; Ekstrak Daun Kelor; Kadar Hemoglobin; Kehamilan

ABSTRACT

THE EFFECT OF MORINGA LEAF EXTRACT ON INCREASING HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT THE PUSKESMAS KERUMUTAN, KABUPATEN PELALAWAN

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The World Health Organization revealed that globally the prevalence of anemia in pregnant women is 37% with the biggest cause being iron deficiency anemia. The 2018 Basic Health Research Report showed that there had been a significant increase in the prevalence of anemia in pregnant women from the previous year, which was 37.1% then increased to 48.9%. In addition to providing TTD, in order to overcome the incidence of anemia during pregnancy, pregnant women can be given additional therapy, namely moringa leaf extract. This study aims to determine the effect of moringa leaf extract on increasing hemoglobin levels in pregnant women at the Kerumutan Health Center in 2024. The type of research is quantitative experimental with a pre-experimental design with a one group pretest-posttest type. The sample in the study was 18 pregnant women who were selected based on purposive sampling techniques. Data analysis was carried out univariately and bivariately using paired sample t-test analysis. The results showed that the p-value was $0.0001 < 0.05$, which means that there is an effect of moringa leaf extract on increasing hemoglobin levels in pregnant women at the Kerumutan Health Center, Pelalawan Regency. It is hoped that the consumption of Moringa leaf extract can be used as one of the intervention options to be implemented at the Kerumutan Health Center, Pelalawan Regency in providing interventions to pregnant women to overcome the incidence of anemia in pregnancy.

Keywords : Anemia; Moringa Leaf Extract; Hemoglobin Levels; Pregnancy