

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
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Pengaruh pemberian jus rumput laut terhadap kadar HB pada ibu hamil trimester III di Klinik Anisa Pekanbaru

xiv+ 44 halaman + 7 Tabel + 2 Skema + + 9 Lampiran

ABSTRAK

Pada kehamilan trimester III sering ditemukan sekitar 55% ibu hamil mengalami anemia, hal ini disebabkan karena masa kematangan kehamilan, kebutuhan nutrisi tinggi untuk pertumbuhan janin sehingga ibu hamil membutuhkan asupan zat besi lebih banyak dibandingkan pada kehamilan trimester I dan II. Penelitian ini bertujuan mengetahui pengaruh pemberian jus rumput laut terhadap kadar HB pada ibu hamil trimester III di Klinik Anisa Pekanbaru. Jenis penelitian kuantitatif, dengan desain *quasi experiment* dengan rancangan *one group with pretest-posttest*. Penelitian ini dimulai dari bulan Februari sampai Juli 2024. Sampel sebanyak 12 orang, dengan teknik sampling *purposive sampling*. Instrumen penelitian menggunakan alat pemeriksa Hb dan lembar observasi. Intervensi dilakukan dengan memberikan jus rumput laut pada ibu hamil selama 7 hari, penelitian ini berlangsung selama 9 hari. Analisa data menggunakan analisa univariat dan bivariat. Nilai rata-rata Hb ibu hamil sebelum diberikan intervensi jus rumput laut adalah 9,4 yaitu dalam kategori Hb tidak normal atau anemia, dan sesudah diberikan intervensi jus rumput laut nilai rata-rata Hb adalah 11,83 yaitu dalam kategori Hb normal atau tidak anemia. Hasil uji *paired sampel t test* didapatkan $p.value = 0,000 < 0,05$, disimpulkan bahwa ada pengaruh pemberian jus rumput laut terhadap kadar HB pada ibu hamil trimester III di Klinik Anisa Pekanbaru. dengan.Diharapkan bagi Klinik Anisa dapat meningkatkan pelayanan khususnya dibidang asuhan ibu hamil untuk meningkatkan kadar HB ibu hamil dengan menerapkan obat-obatan herbal seperti mengkonsumsi jus rumput untuk mengatasi anemia pada ibu hamil.

Kata Kunci : Jus rumput laut, Kadar HB, Ibu hamil trimester III
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The effect of giving seaweed juice on HB levels in third trimester pregnant women at the Anisa Clinic Pekanbaru

xiv+ 44 pages + 7 Tables + 2 Schemes + + 9 Appendices

ABSTRACT

In the third trimester of pregnancy, it is often found that around 55% of pregnant women experience anemia, this is due to the maturation of pregnancy, high nutritional requirements for fetal growth so that pregnant women require more iron intake than in the first and second trimesters of pregnancy. This study aims to determine the effect of giving seaweed juice on HB levels in third trimester pregnant women at the Anisa Clinic Pekanbaru. This type of quantitative research, with a quasi-experimental design with a one group design with pretest-posttest. The population was pregnant women in the third trimester, a sample of 12 people, using a purposive sampling technique. The research instrument used an Hb checker, seaweed juice and an observation sheet. The intervention was carried out for 7 days. Data analysis used univariate and bivariate analysis. The average Hb value of pregnant women before being given the seaweed juice intervention was 9.4, namely in the abnormal or anemic Hb category, and after being given the seaweed juice intervention the average Hb value was 11.83, namely in the normal or not anemic Hb category. . The results of the paired t test sample test obtained $p.value = 0.000 < 0.05$, so it was concluded that there was an effect of giving seaweed juice on HB levels in pregnant women in the third trimester at the Anisa Clinic Pekanbaru. with. It is hoped that the Anisa Clinic can improve services, especially in the field of care for pregnant women, to increase the HB levels of pregnant women by applying herbal medicines such as consuming grass juice to treat anemia in pregnant women.

Keywords : Seaweed juice, HB levels, third trimester pregnant women

Bibliography : 26 (2016-2023)