

ABSTRAK

Anemia dalam kehamilan masih menjadi masalah kesehatan besar di dunia karena menjadi salah satu faktor yang turut meningkatkan angka kematian ibu dan janin. Beberapa upaya telah dilakukan oleh pemerintah untuk menurunkan angka prevalensi anemia dalam kehamilan salah satunya dengan pemberian 90 tablet Fe pada setiap ibu hamil. Namun meskipun cakupan tablet Fe meningkat angka prevalensi anemia dalam kehamilan masih tinggi. Beberapa penelitian menunjukkan tablet Fe akan lebih efektif apabila dikonsumsi bersamaan dengan suplemen lain yang membantu sintesis hemoglobin dan penyerapan zat besi salah satunya ekstrak daun kelor. Ekstrak daun kelor memiliki kaya kandungan zat gizi yang mampu mencegah dan mengatasi anemia dalam kehamilan. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian ekstrak daun kelor terhadap peningkatan kadar hemoglobin pada ibu hamil.

Metode penelitian ini menggunakan desain *quasi experiment* dengan rancangan *pretest-posttest with nonequivalent control grup design*. Populasi terjangkau adalah ibu hamil trimester II dan III di wilayah Puskesmas Wonosari II, Puskesmas Karangmojo I, Puskesmas Ponjong I, Puskesmas Rongkop, Puskesmas Saptosari. Pengambilan sampel menggunakan teknik *consecutive sampling*. Subjek penelitian sebanyak 27 orang pada kelompok kontrol dan 25 orang pada kelompok perlakuan. Uji statistik menggunakan *Paired T-Test* dan *Independent T-Test*.

Hasil penelitian menunjukkan rerata peningkatan kadar hemoglobin pada ibu hamil yang mengonsumsi ekstrak daun kelor sebesar 0,44 g/dL sedangkan ibu hamil yang tidak mengonsumsi ekstrak daun kelor mengalami penurunan rerata kadar hemoglobin sebesar 0,48 g/dL. Selisih rerata peningkatan kadar hemoglobin antara kedua kelompok sebesar 0,92 g/dL (*p-value*= 0,000). Hal ini menunjukkan terdapat pengaruh pemberian ekstrak daun kelor terhadap peningkatan kadar hemoglobin pada ibu hamil.

Kata Kunci: Kadar Hemoglobin Ibu Hamil, Ekstrak Daun Kelor

ABSTRACT

Anemia in pregnancy is still considered as a major health problem in the world, inasmuch as being one of the factors that contributes to the rise of maternal and fetal mortality. Several efforts have been made by the government to reduce the prevalence of maternal anemia by giving 90 Fe tablets to every pregnant woman. Although the coverage of Fe tablet has increased, the prevalence of anemia among pregnant women remains high. Some studies have shown that Fe tablets will be more effective when taken simultaneously with other supplements that help hemoglobin synthesis and iron absorption, one of which is moringa leaf extract. The rich-nutrients moringa leaf extract can act as a property to prevent and overcome anemia during pregnancy. This research aims to determine the effect of giving Moringa leaf extract to increase the hemoglobin levels in pregnant women.

The research method used was quasi experimental design with a pretest-posttest and nonequivalent control group design. The accessible population included pregnant women in the second and the third trimester at Puskesmas Wonosari II, Puskesmas Karangmojo I, Puskesmas Rongkop, Puskesmas Ponjong I, Puskesmas Saptosari, Gunung Kidul Regency. Sampling conducted by consecutive sampling technique. The research subjects were 27 people in the control group and 25 people in the experimental group. The statistical test used Paired T-Test and Independent T-Test.

The results of this research showed the average hemoglobin levels in pregnant women who took moringa leaf extract increased by 0.44 g/dL, while the average hemoglobin levels in pregnant women who did not consume moringa leaf extract decreased by 0.48 g/dL. The difference of the average increase in the hemoglobin levels between the two groups was 0.92 g/dL ($p\text{-value} = 0,000$). This shows that there is an effect of taking moringa leaf extract on the increasing hemoglobin levels in pregnant women.

Keywords: Hemoglobin Levels in Pregnant Women, Moringa Leaf Extract