Abstrak

Anemia dalam kehamilan merupakan kondisi dimana kada hmoglobin <11 gr% pada saat trimester 1 dan 3 dan sedangkan pada saat trimester 2 kadar Hb <10,5 gr%. Anemia ialah salah satu dari penyebab kematian ibu. Beberapa factor dari resiko yang dapat mempengaruhi terjadinya anemia pada ibu hamil yaitu kekurangan zat besi, infeksi, kekurangan asam folat dan kelainan haemoglobin. Selain itu juga anemia dalam kehamilan dapat juga berpengaruh burut terutama pada saat kehamilan, persalinan bahkan berkelanjutan ke masa nifas.Pencegahan dan pengobatan anemia menurut (Fatma,2011) dapat di tentukan dengan memperhatikan faktor – faktor penyebabnya,jika penyebab nya masalah nutrisi, penilaian status gizi dibutuhkan untuk mengidentifikasi nutrisi yang berperan dalam kasus anemia. Anemia gizi dapat disebabkan oleh berbagai macam nutrisi penting pada pembentukan hemoglobin. Cara mengatasi kekurangan zat besi pada tubuh dengan cara mengkomsumsi 60 – 120 mg Fe perhari dan meningkatkan asupan makanan sumber Fe, Selain itu untuk mengatasi anemia perlu komsumsi bahan-bahan pangan sumber zat besi, diantaranya daging, hati, ikan, susu, yoghurt, kacang- kacangan , serta sayuran berwarna hijau.

Berdasarkan penelitian dari Vina Aulia pada tahun 2013, Hasil analisis ANOVA Repeated Measure, terlihat bahwa kedua kelompok yaitu kelompok perlakuan dan kelompok kontrol memiliki peningkatan kadar hemoglobin. Kedua kelompok perlakuan dan kontrol semuanya mengkonsumsi tablet tambah darah secara rutin setiap hari. Kelompok kontrol memiliki rerata peningkatan kadar hemoglobin sebesar 0,71 g/dl sedangkan kelompok perlakuan yang diberikan sari kacang hijau memiliki rerata peningkatan kadar hemoglobin sebesar 0.84 g/dl. Sehingga terdapat peningkatan antar kedua kelompok sebelum dan sesudah intervensi. Peningkatan pada kelompok perlakuan lebih tinggi dibandingkan degan kelompok kontrol, walau peningkatan tersebut tidak signifikan.

Kata Kunci : Anemia, Ibu Hamil, Sari Kacang Hijau

Abstract

Anemia in pregnancy is a condition where the hemoglobin level is <11 g% during the 1st and 3rd trimesters and while in the 2nd trimester the Hb level is <10.5 gr%. Anemia is one of the causes of maternal death. Some of the risk factors that can affect anemia in pregnant women are iron deficiency, infection, folic acid deficiency and hemoglobin abnormalities. In addition, anemia in pregnancy can also affect hernia, especially during pregnancy, childbirth and even continuing into the puerperium.Prevention and treatment of anemia according to (Fatma, 2011) can be determined by paying attention to the factors that cause it, if the cause is nutritional problems, an assessment of nutritional status is needed to identify the nutrients that play a role in cases of anemia. Nutritional anemia can be caused by a variety of important nutrients in the formation of hemoglobin. How to overcome iron deficiency in the body by consuming 60 - 120 mg of Fe per day and increasing the intake of food sources of Fe, In addition to overcoming anemia it is necessary to consume food sources of iron, including meat, liver, fish, milk, yogurt, nuts - nuts, and green vegetables.

Based on research from Vina Aulia in 2013, the results of the ANOVA repeated measure analysis showed that the two groups, namely the treatment group and the control group, had an increase in hemoglobin levels. Both treatment and control groups all took blood supplement tablets regularly every day. The control group had an average increase in hemoglobin levels of 0.71 g / dl, while the treatment group that was given green bean juice had an average increase in hemoglobin levels of 0.84 g / dl. So that there was an increase between the two groups before and after the intervention. The increase in the treatment group was higher than that of the control group, although the increase was not significant.

Keywords: Anemia, Pregnant Women, Green Bean Extract