

**PENGARUH PEMBERIAN *HBOOST* (HB BOOSTER) TERHADAP
PENINGKATAN KADAR HEMOGLOBIN PADA IBU HAMIL DI
WILAYAH KERJA PUSKESMAS MANTRIJERON
KOTA YOGYAKARTA**

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ABSTRAK

Latar Belakang : Suplementasi tablet tambah darah dalam penanggulangan anemia telah dikaji secara ilmiah efektivitasnya. Tetapi program pemberian tablet tambah darah saja pada ibu hamil kurang menunjukkan hasil yang signifikan karena adanya efek samping yang menimbulkan ketidaknyamanan sehingga menjadi alasan tidak patuh mengonsumsi tablet tambah darah. Hal ini berkaitan dengan dibutuhkannya alternatif yang dapat membantu mengoptimalkan tablet tambah darah. *Hboost* merupakan inovasi hemoglobin booster pendamping tablet tambah darah yang dapat membantu mengoptimalkan serta mengurangi efek samping tablet tambah darah.

Tujuan Penelitian : Mengetahui pengaruh pemberian *Hboost* dalam membantu meningkatkan kadar hemoglobin pada masa kehamilan di wilayah kerja Puskesmas Mantrijeron Kota Yogyakarta.

Metode Penelitian : Metode eksperimen semu (*Quasy Eksperimental Design*) dengan rancangan *Pretest-Posttest with Control Group design*. Populasi penelitian ini adalah seluruh ibu hamil di wilayah kerja Puskesmas Mantrijeron Kota Yogyakarta. Teknik pengambilan sampel menggunakan *Purposive Sampling* dengan jumlah sampel sebanyak 30 responden. Analisis data menggunakan analisis *Independent Sampel T-Test*.

Hasil Penelitian : Rata-rata peningkatan kadar hemoglobin kelompok eksperimen *Hboost* + tablet tambah darah yaitu 1.693 gr/dL sedangkan rata-rata peningkatan kadar hemoglobin kelompok kontrol tablet tambah darah saja yaitu 0.600 gr/dL. Dari data tersebut didapatkan peningkatan rerata kadar hemoglobin pada kelompok eksperimen lebih tinggi 1.093 gr/dL dari kelompok kontrol.

Kesimpulan : *Hboost* (Hb Booster) efektif mendampingi tablet tambah darah dalam meningkatkan kadar hemoglobin pada masa kehamilan di wilayah kerja Puskesmas Mantrijeron Kota Yogyakarta.

Kata Kunci : Anemia, *Hboost*, Ibu Hamil, Kadar Hemoglobin, Tablet Tambah Darah.

THE EFFECT OF GIVING *HBOOST* (HB BOOSTER) ON INCREASING HEMOGLOBIN LEVELS IN PREGNANT WOMEN IN THE WORKING AREA OF THE MANTRIJERON HEALTH CENTER, YOGYAKARTA CITY

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ABSTRACT

Background: *Blood supplementation tablet supplementation in preventing anemia has been scientifically studied for its effectiveness. However, the program for giving iron tablets only to pregnant women does not show significant results because of side effects that cause discomfort, which is the reason for non-adherence to taking iron tablets. This is related to the need for an alternative that can help optimize iron tablets. Hboost is an innovative hemoglobin booster that accompanies blood-boosting tablets that can help optimize and reduce the side effects of blood-boosting tablets.*

Research purpose: *Knowing the effect of giving Hboost in helping to increase hemoglobin levels during pregnancy in the working area of the Mantrijeron Health Center, Yogyakarta City.*

Research methods: *a quasi-experimental method (Quasi- Experimental Design) with plans Pretest-Posttest with a Control Group design. The population of this research study was all pregnant women in the working area of the Mantrijeron Health Center, Yogyakarta City. The sampling technique used Purposive Sampling with a total sample of 30 respondents. Data analysis using analysis Independent Sample T-Test.*

Research results: *The average of hemoglobin levels increase in the experimental group Hboost + iron tablets was 1.693 gr/dL. In comparison, the average of hemoglobin levels increase in the control group of iron tablets only was 0.600 gr/dL. Based on that data, it was found the average of hemoglobin levels increase in the experimental group was higher at 1.093 gr/dL than the control group.*

Conclusion: *Hboost (Hb Booster) effectively complements blood supplement tablets in increasing hemoglobin levels during pregnancy in the working area of the Mantrijeron Health Center, Yogyakarta City.*

Keywords : *Anemia, Blood Supplement Tablets, Hboost, Hemoglobin Levels, Pregnant Women.*