

ABSTRAK

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HUBUNGAN ASUPAN PROTEIN DAN ASUPAN Fe DENGAN KADAR HB IBU HAMIL (STUDI OBSERVASI DI WILAYAH KERJA UPTD PUSKESMAS KARANGNUNGGAL KABUPATEN TASIKMALAYA TAHUN 2023)

Asupan protein dan asupan Fe memiliki peranan penting pada pembentukan Hemoglobin (Hb) pada ibu hamil. Tujuan dari penelitian ini untuk menganalisis hubungan antara asupan protein dan asupan Fe dengan kadar Hb ibu hamil di Wilayah Kerja UPTD Puskesmas Karangnunggal Kabupaten Tasikmalaya tahun 2023. Penelitian ini menggunakan metode observasional analitik dengan rancangan desain *cross-sectional*. Pengambilan sampel menggunakan *purposive sampling*, yakni sebanyak 85 responden dipilih dari 98 ibu hamil di Wilayah Kerja UPTD Puskesmas Karangnunggal. Data asupan protein dan asupan Fe diperoleh dengan menggunakan *food recall* 2 x 24 jam dalam seminggu. Hasil analisis bivariat menggunakan uji *Product Moment Pearson* menunjukkan bahwa terdapat hubungan yang signifikan antara asupan protein dengan kadar Hb (nilai $p = 0,003 < 0,05$, $r = 0,325$) yang berarti korelasi antara variabel lemah, asupan Fe dengan kadar Hb (nilai $p = 0,048 < 0,05$, $r = 0,222$) yang berarti nilai antara variabel lemah, dan untuk variabel pengganggu usia tidak terdapat hubungan antara usia dengan kadar Hb (nilai $p = 0,342 > 0,05$).

Kata Kunci: Asupan Protein, Asupan Fe, Kadar Hb.

ABSTRACT

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THE RELATIONSHIP OF PROTEIN INTAKE AND FE INTAKE WITH HB LEVELS OF PREGNANT WOMEN (OBSERVATION STUDY IN THE UPTD WORKING AREA OF THE KARANGNUNGGAL COMMUNITY HEALTH CENTER, TASIKMALAYA REGENCY, 2023)

Protein intake and Fe intake have an important role in the formation of Hemoglobin (Hb) in pregnant women. The aim of this study was to analyze the relationship between protein intake and Fe intake and Hb levels of pregnant women in the UPTD work area of the Karangnunggal Health Center, Tasikmalaya Regency in 2023. This research uses an analytical observational method with a cross-sectional design. Sampling used purposive sampling, namely 85 respondents were selected from 98 pregnant women in the Karangnunggal Community Health Center UPTD work area. Data on protein intake and Fe intake were obtained using food recall 2 x 24 hours a week. The results of bivariate analysis using the Pearson Product Moment test show that there is a significant relationship between protein intake and Hb levels (p value = $0.003 < 0.05$, $r = 0.325$) which means the correlation between the variables is weak, Fe intake with Hb levels (p value = $0.048 < 0.05$, $r = 0.222$) which means the value between the variables is weak, and for the confounding variable age there is no relationship between age and Hb levels (p value = $0.342 > 0.05$).

Key Words: *Protein Intake, Fe Intake, Hb Levels.*