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PENGARUH PEMBERIAN MAKANAN TAMBAHAN TELUR AYAM TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA IBU HAMIL TRIMESTER III DI PUSKESMAS KEDU
xvii + 59 Halaman + 7 Tabel + 3 Gambar + 8 Lampiran

ABSTRAK

Latar Belakang : Berdasarkan data Riskesdas 2018 menyatakan bahwa 48,9% ibu hamil di Indonesia mengalami anemia. Asupan nutrisi sangat berpengaruh terhadap risiko anemia ibu hamil, seperti zat besi. Salah satu nutrisi untuk meningkatkan kadar hemoglobin ibu hamil adalah telur. Kandungan zat besi telur ayam dapat mencegah anemia. Ibu hamil bisa mengonsumsi telur ayam rebus 1 butir perhari selama 14 hari.

Tujuan Penelitian : Untuk mengetahui pengaruh pemberian makanan tambahan telur ayam terhadap peningkatan kadar hemoglobin pada ibu hamil trimester III di Puskesmas Kedu.

Metode : Jenis penelitian ini adalah pre-eksperimen dengan rancangan *pretest-posttest one group design*. Jumlah sampel 36 ibu hamil trimester III dan pengambilan sampel menggunakan *Total Sampling*. Penelitian dilakukan di Puskesmas Kedu 9 s/d 22 Juni 2025 dengan memberikan telur ayam rebus yang dikonsumsi 1 butir perhari selama 14 hari. Analisa data menggunakan *Uji Paired Sampel T-Test*.

Hasil : Ada pengaruh pemberian makanan tambahan telur ayam terhadap kadar hemoglobin ibu hamil trimester III di Puskesmas Kedu dengan nilai $p\text{-value } 0,000 < 0,05$. Rata-rata peningkatan kadar hemoglobin ibu hamil setelah pemberian telur ayam yaitu 0,3583 gr/dL.

Kesimpulan : Konsumsi telur ayam, terutama telur ayam rebus, dapat meningkatkan kadar hemoglobin dalam darah, sehingga berpotensi membantu mengatasi anemia. Telur ayam mengandung zat besi dan folat yang penting untuk produksi hemoglobin.

Saran : Diharapkan bidan dapat menyarankan untuk konsumsi telur sebagai upaya pencegahan anemia pada ibu hamil, karena telur kaya akan zat besi dan folat untuk pembentukan sel darah merah.

Kata Kunci : ibu hamil trimester III, hemoglobin, telur ayam

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THE EFFECT OF PROVIDING ADDITIONAL CHICKEN EGGS ON INCREASING HEMOGLOBIN LEVELS OF THIRD TRIMESTER PREGNANT WOMEN IN KEDU HEALTH CENTER.

xvii + 69 Page + 7 Table + 3 Picture + 8 Attachment

ABSTRACT

Background : Based on basic health research data (Risksdas) 2018 state 48,9% pregnant women in Indonesia experience anemia. Nutritional intake is very influential on the risk of anemia in pregnant women, like iron. One of the nutrients that can be used to increase hemoglobin levels of pregnant women is chicken egg. The iron of chicken eggs can prevent anemia. Pregnant women can consume bioled chicken eggs one item one day during 14 day.

Research Purpose: To know the effect of providing additional chicken eggs on increasing hemoglobin levels of third trimester pregnant women in Kedu Health Center.

Methods : Design of this research used pretest-posttest one group design. Number of samples is 36 pregnant women third trimester and sampling use Total Sampling. This research done in Kedu Health Center at 9 until 22 June 2025 with give chicken eggs consumed one item one day during 14 day. Data analyzed use Uji Paired Sampel T-Test.

Result : There is the effect of providing additional chicken eggs on increasing hemoglobin levels of third trimester pregnant women in Kedu Health Center which shown by p- value $0,000 < 0,05$. Mean increasing hemoglobin level of pregnant women after providing additional chicken eggs is 0,3583 gr/dL.

Conclusion : There is the effect of providing additional chicken eggs on increasing hemoglobin levels of third trimester pregnant women in Kedu Health Center.

Suggestion : Expected midwifery can give counseling about benefit of chicken eggs to increasing knowledge of pregnant women so that can increase hemoglobin levels of third trimester pregnant women.

Keyword : Third Trimester Pregnant Women, Hemoglobin, Chicken Eggs