

## ABSTRAK

Pengaruh Pemberian Jus Jambu Biji (*Psidium Guajava L*) Terhadap Peningkatan Kadar Hemoglobin Ibu Hamil dengan Anemia Gravidarum di Wilayah Kerja Puskesmas Kepanjen Kabupaten Malang. Dita Ratnasari (2017). Karya Tulis Ilmiah Deskriptif Studi Kasus, Program Studi DIII Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang, Pembimbing (Utama) Dra. Gorreti Maria Sindarti M.Kes, Pembimbing (Pendamping) Tutik Herawati S.Kp., MM.

Ibu hamil mengalami peningkatan kebutuhan zat besi sampai 200-300 persen sekitar 1000 mg selama hamil. Dampak yang ditimbulkan apabila kekurangan zat besi adalah *anemia deficiency*. Menurut hasil Riset Kesehatan Dasar (Riskesdas) tahun 2013 ibu hamil yang mengalami anemia sebesar 37,1 persen. Tujuan penelitian untuk mendeskripsikan peningkatan kadar hemoglobin pada ibu hamil dengan anemia gravidarum setelah diberikan jus jambu biji (*Psidium Guajava L*) di Wilayah Kerja Puskesmas Kepanjen Kabupaten Malang. Metode atau desain penelitian deskriptif studi kasus dengan metode observasi partisipatif. Hasil yang diperoleh penelitian ini membuktikan bahwa dengan mengkonsumsi suplementasi tablet Fe bersamaan dengan pemberian 200 gram jus jambu biji (*Psidium Guajava L*) perhari secara teratur selama kurang lebih 1 bulan dapat meningkatkan kadar hemoglobin ibu hamil dengan anemia. Pada subjek studi kasus 1 kadar hemoglobin sebelum dilakukan intervensi pemberian jus jambu biji (*Psidium Guajava L*) adalah 8 gr/dL (anemia sedang) setelah 1 bulan dilakukan intervensi pemberian jus jambu biji (*Psidium Guajava L*) adalah 10,6 gr/dL (normal). Peningkatan kadar hemoglobin subjek studi kasus 1 setelah satu bulan dilakukan intervensi yaitu 2,6 gr/dL. Kadar hemoglobin subjek studi kasus 2 sebelum dilakukan intervensi pemberian jus jambu biji (*Psidium Guajava L*) adalah 8 gr/dL (anemia sedang) setelah 1 bulan dilakukan intervensi pemberian jus jambu biji (*Psidium Guajava L*) adalah 9,2 gr/dL. Sedangkan peningkatan kadar hemoglobin subjek studi kasus 2 setelah satu bulan dilakukan intervensi yaitu 1,2 gr/dL. Dari kedua subjek studi kasus ada peningkatan kadar hemoglobin. Rekomendasi dari penelitian semua ibu hamil yang sedang mengkonsumsi tablet zat besi Fe sebaiknya diberikan jus jambu biji (*Psidium Guajava L*).

**Kata kunci :** *Jus Jambu Biji, Kadar Hemoglobin, Anemia gravidarum*

## ABSTRACT

The Influence of Guava Juice (*Psidium Guajava L*) on Increasing Hemoglobin Level of Pregnant Women with Gravidarum Anemia in the Working Area of Puskesmas Kepanjen Malang Regency. Dita Ratnasari (2017). Writing Scientific Descriptive Case Study, DIII Study Program Nursing Malang, Department of Nursing, Health Polytechnic Kemenkes Malang, Supervisor (Main) Dra. Gorreti Maria Sindarti M.Kes, Advisors (Tutor) Herikati S.Kp., MM.

Pregnant women experience an increased need for iron up to 200-300 percent about 1000 mg during pregnancy. The impact of iron deficiency is anemia deficiency. According to the results of Basic Health Research (Riskesdas) in 2013 pregnant women who experienced anemia by 37.1 percent. The objective of the study was to describe the increase of hemoglobin level in pregnant women with gravidarum anemia after guava juice (*Psidium Guajava L*) in Puskesmas of Kepanjen Malang Regency. Method or design of descriptive research case study with participative observation method. The results obtained by this study prove that by taking supplementation of Fe tablet along with 200 gram of guava juice (*Psidium Guajava L*) daily for approximately 1 month can increase pregnant woman's hemoglobin level with anemia. In the case study subjects 1 hemoglobin level before the intervention of guava juice (*Psidium Guajava L*) was 8 gr / dL (moderate anemia) after 1 month intervention of guava juice (*Psidium Guajava L*) was 10.6 gr / dL (normal). The increase of hemoglobin level of case study 1 study after one month intervention was 2.6 gr / dL. The level of hemoglobin of case study 2 before intervention of guava juice (*Psidium Guajava L*) was 8 gr / dL (moderate anemia) after 1 month intervention of guava juice (*Psidium Guajava L*) was 9,2 gr / dL. While the increase of hemoglobin level of case study 2 subjects after one month intervention is done that is 1.2 gr / dL. From both case study subjects there was an increase in hemoglobin levels. Recommendations from the study of all pregnant women who are taking iron tablets Fe should be given guava juice (*Psidium Guajava L*).

**Keywords :** *Guava Juice, Hemoglobin Level, Anemia gravidarum*