HUBUNGAN KECUKUPAN KONSUMSI PROTEIN HEWANI SELAMA KEHAMILAN DENGAN KEJADIAN PERUBAHAN KADAR HEMOGLOBIN SAAT SECTIO CAESAREA DI RS PELNI PERIODE MEI TAHUN 2024

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ABSTRAK

Latar belakang: Pada saat wanita mengalami kehamilan terjadi anemia fisiologis yaitu penurunan kadar Hb akibat dari peningkatan kadar eritrosit dan plasma yang tidak seimbang.. Tidak semua wanita dapat melahirkan secara *pervaginam*, melalui tindakan *sectio caesarea* ibu dan janin dapat diselamatkan. Protein memiliki peran dalam metabolisme zat besi dalam tubuh yaitu untuk transport dan penyimpanan zat besi sehingga dapat mempengaruhi kadar haemoglobin. Tujuan utama penelitian ini adalah untuk mencari tahu hubungan antara kecukupan konsumsi protein hewani selama kehamilan dengan kejadian perubahan kadar hemoglobin saat tindakan SC di RS PELNI periode Mei tahun 2024. **Metode :** Penelitian ini menggunakan pendekatan analitik observasional dengan desain *cross sectional*. Subjek dipilih dengan menggunakan *simple random sampling* sesuai dengan kriteria inklusi dan ekslusi. **Hasil :** Hasil uji statistik paired t test, didapatkan nilai p-value sebesar 0,00 ($p<0,05$) yang menunjukkan bahwa terdapat perbedaan yang bermakna secara statistik antara kadar hemoglobin sebelum dan sesudah tindakan SC. Hasil uji Chi Square p= 0,440 ($p>0,05$) menunjukkan bahwa tidak terdapat hubungan yang bermakna antara kecukupan konsumsi protein hewani selama kehamilan dengan kejadian perubahan kadar hemoglobin selama tindakan SC. Perbedaan ini dapat terjadi karena adanya sebab-sebab di luar variabel tersebut.. **Kesimpulan :** Kesimpulan dalam penelitian ini adalah kecukupan konsumsi protein hewani selama kehamilan tidak mempengaruhi kejadian perubahan kadar hemoglobin saat tindakan SC

Kata kunci **:** *sectio caesarea*, hemoglobin, protein hewani

THE RELATIONSHIP BETWEEN THE ADEQUACY OF ANIMAL PROTEIN CONSUMPTION DURING PREGNANCY AND THE INCIDENCE OF CHANGES IN HEMOGLOBIN LEVELS DURING SECTIO CAESAREAN SECTION AT PELNI HOSPITAL FOR THE PERIOD OF MAY 2024

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ABSTRACT

Background : When women experience pregnancy, physiological anemia occurs, which is a decrease in Hb levels due to an increase in erythrocyte levels and unbalanced plasma. Not all women can give birth *vaginally*, through the act of *sectio caesarean* section the mother and the fetus can be saved. Protein has a role in iron metabolism in the body, namely for the transport and storage of iron so that it can affect haemoglobin levels. The main purpose of this study is to find out the relationship between the adequacy of animal protein consumption during pregnancy and the incidence of changes in hemoglobin levels during SC treatment at PELNI Hospital for the period of May 2024. **Method:** This study uses an observational analytical approach with *a cross sectional* design. Subjects were selected using *simple random sampling* according to the inclusion and exclusion criteria. **Results:** The results of the paired t test statistical test, the p-value is 0.00 ($p < 0.05$) which shows that there is a statistically significant difference between hemoglobin levels before and after SC action. The result of Chi Square test $p = 0.440$ ($p > 0,05$) showed that there was no significant relationship between the adequacy of animal protein consumption during pregnancy and the incidence of changes in hemoglobin levels during SC treatment. This can happen due to causes outside of these variables. **Conclusion:** The conclusion in this study is that the adequacy of animal protein consumption during pregnancy does not affect the incidence of changes in hemoglobin levels during SC

Keywords : *sectio caesarea*, hemoglobin, animal protein