PENGARUH KONSUMSI BAYAM MERAH TERHADAP KADAR HEMOGLOBIN PADA IBU HAMIL PRIMIGRAVIDA DI KLINIK BIDAN HENI SUHAENI KOTA BOGOR

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Abstrak

Anemia pada ibu hamil merupakan masalah kesehatan yang signifikan dan terkait dengan risiko morbiditas maternal, pemanfaatan pangan lokal kaya zat besi seperti bayam merah dipertimbangkan sebagai intervensi non-farmakologis. Penelitian ini bertujuan mengetahui pengaruh konsumsi bayam merah terhadap kadar hemoglobin pada ibu hamil primigravida di Klinik Bidan Heni Suhaeni, Kota Bogor. Desain yang digunakan adalah kuasi-eksperimental *one-group pretest–posttest* dengan total sampel 25 ibu hamil primigravida yang memenuhi kriteria inklusi. Intervensi berupa konsumsi bayam merah diberikan selama 14 hari, dan kadar hemoglobin diukur sebelum dan sesudah intervensi menggunakan alat digital *Easy Touch GCHb*. Analisis meliputi uji normalitas *Shapiro–Wilk* dan uji *Wilcoxon Signed Rank* untuk perbandingan *pre–post*. Hasil menunjukkan rata-rata usia responden 26,64 tahun (21–32) dan usia kehamilan 32,04 minggu (28–36). Rata-rata Hb meningkat dari 10,05 g/dL (*pre*) menjadi 11,50 g/dL (*post*). Semua responden mengalami kenaikan Hb dan uji *Wilcoxon* menunjukkan perbedaan bermakna ($p < 0{,}001$). Kesimpulannya, konsumsi bayam merah selama 14 hari berpengaruh signifikan meningkatkan kadar hemoglobin pada ibu hamil primigravida dan berpotensi menjadi alternatif intervensi gizi yang aman dan mudah diakses untuk pencegahan anemia.

Kata Kunci : Anemia, Bayam Merah, Hemoglobin, Ibu Hamil Primigravida.

THE EFFECT OF RED SPINACH CONSUMPTIONON HEMOGLOBIN LEVELS IN PRIMIGRAVIDA PREGNANT WOMEN AT THE HENI SUHAENI MIDWIFE CLINIC IN BOGOR CITY

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Abstract

Anemia in pregnant women is a significant health problem associated with increased risks of maternal morbidity. The use of iron-rich local foods, such as red spinach, is considered a potential non-pharmacological intervention. This study aimed to determine the effect of red spinach consumption on hemoglobin levels in primigravida pregnant women at the Heni Suhaeni Midwife Clinic, Bogor City. A quasi-experimental one-group pretest–posttest design was employed, involving a total sample of 25 primigravida pregnant women who met the inclusion criteria. The intervention consisted of red spinach consumption for 14 days, and hemoglobin levels were measured before and after the intervention using the Easy Touch GCHb digital device. Data analysis included the Shapiro–Wilk test for normality and the Wilcoxon Signed Rank test for pre–post comparison. The results showed that the mean age of respondents was 26.64 years (range: 21–32 years), and the mean gestational age was 32.04 weeks (range: 28–36 weeks). The mean hemoglobin level increased from 10.05 g/dL before the intervention to 11.50 g/dL after the intervention. All respondents experienced an increase in hemoglobin levels, and the Wilcoxon test indicated a statistically significant difference ($p < 0.001$). In conclusion, consuming red spinach for 14 days significantly increased hemoglobin levels in primigravida pregnant women and may serve as a safe and accessible alternative nutritional intervention for the prevention of anemia.

Keywords : *Anemia, Hemoglobin, Primigravida Pregnant Women, Red Spinach.*