

Anemia Defisiensi Gizi pada Tenaga Kerja Wanita di Bagian Produksi Pabrik Tekstil PT. BPB, serta Upaya Penanggulangannya, Jakarta 2000 = A study on the nutritional deficiency anaemia of the production female workers of PT BPB, Jakarta, 2000

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Abstrak

Ruang lingkup dan metodologi penelitian:

Anemia pada tenaga kerja wanita, masih merupakan masalah kesehatan yang dapat menurunkan produktivitas kerja. Penelitian ini merupakan studi intervensi yang bertujuan untuk meningkatkan derajat kesehatan tenaga kerja wanita melalui program penanggulangan anemia dan perbaikan gizi. Sampel berjumlah 44 orang.

Pengumpulan data dilakukan dengan cara pengamatan, wawancara, pemeriksaan fisik, dan laboratorium (Hemoglobin dan tinja), penilaian pengetahuan mengenai anemia dan gizi, penilaian pola makan dan asupan makanan (energi, protein, zat besi), pengumpulan data sekunder. Intervensi yang dilakukan adalah; 1. Pemberian tablet besi folat (200 mg ferro sulfat dan 0,25 mg asam folat) seminggu 1 x 1 tablet, selama 16 minggu, pada waktu hid diberikan setiap hari 1 x 1 tablet, 10 hari berturut-turut, 2. Obat cacing (Pyrantel Pamoat 500 mg), dosis tunggal, 3. Penyuluhan mengenai makanan bergizi. Evaluasi hasil intervensi, dilakukan dengan cara membandingkan perubahan dari keluhan subyektif, infestasi cacing, kadar Hb, skor pola makan dan asupan makanan, sebelum dan setelah intervensi.

Hasil dan kesimpulan:

Dari 44 tenaga kerja wanita ditemukan 12 orang (27,27%) menderita anemia, 7 orang diantaranya dengan infestasi cacing positif. Faktor-faktor lain yang mempengaruhi anemia pada penelitian ini, adalah, status gizi, pengetahuan, pola makan dan asupan makanan. Setelah intervensi selama 16 minggu, berhasil meningkatkan kadar Hb rata-rata sebesar 1,83 g% (SD ±0,51) dari rata-rata 10,56 g% menjadi 12,36 g%, selain itu terdapat penurunan keluhan subyektif, peningkatan skor pola makan dan asupan makanan secara bermakna  $p < 0,05$ .

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A Study on the Nutritional Deficiency Anemia of the Production Female Workers of PT.BPB, Jakarta, 2000  
The scope and methodology of the study

Anaemia on female workers is still a health problem that reduces their productivity. This study involves intervention that is aimed to increase the health of the female workers by means of anaemia prevention and nutrition improvement. The approach used to perform data gathering from a sample of 44 person includes, observation, interviews, physical examination, laboratory testing (haemoglobin and feces), measurement of their knowledge level on anaemia and nutrition, examination on the consumed food quality and eating habit, and the use of secondary data pool. Performed interventions include; 1. Providing folat iron tablets (200 mg ferro sulfat and 0,25 mg folat acid), 1 tablet per week for 16 weeks. During menstruation period the dosage

is changed to 1 tablet daily for 10 days, 2. Providing worm tablets (Pyrantel Pamoate, 500 mg) single dosage, 3. Awareness program on healthy food. The evaluation of interview results is performed by comparing the changes in subjective complaints, worm infestations, haemoglobin level, scoring on consumed food quality and eating habit before and after the intervention.

#### Result and conclusion

Out of 44 female workers, 12 persons (27.27 %) were found to suffer from anaemia, 7 of them with worm infestation. Other factors that causes anaemia, based on the study, included nutrition status, awareness of consumed food quality and eating habit. After 16 weeks intervention, haemoglobin was successfully increased by 1.83 g% (SD  $\pm 0,51$ ) from an average of 10,56 g% to 12,36g%, in addition, decrease in subjective symptoms, improvement of consumed food quality and eating habit were also noted.