

Universitas Ngudi Waluyo
Program Studi Kebidanan, Fakultas Kesehatan
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Ayu Nur Irama Sari
152201047

PENGETAHUAN IBU HAMIL DI WILAYAH KERJA PUSKESMAS DASAN LEKONG KABUPATEN LOMBOK TIMUR

ABSTRAK

Latar Belakang: Anemia dalam kehamilan merupakan keadaan ibu dengan jumlah kadar Hb di bawah batas normal yaitu 11 gr%. Beberapa faktor yang memengaruhi anemia dalam kehamilan antara lain usia, paritas, jarak kehamilan, pendidikan, penyakit infeksi, status ekonomi, dan status gizi. Kurangnya mengonsumsi asupan zat besi dalam makanan atau tablet tambah darah menjadi penyebab utama terjadinya *anemia* pada kehamilan. Hasil studi pendahuluan yang telah dilakukan oleh peneliti di Puskesmas Dasan Lekong diperoleh hasil wawancara tentang anemia dengan 10 orang ibu hamil yaitu 5 ibu hamil tersebut belum bisa menjawab tanda dan gejala anemia serta bahaya anemia terhadap ibu dan janin, 3 orang ibu hamil belum bisa menjawab pengertian, penyebab anemia, bahaya anemia bagi untuk ibu hamil dan hanya bisa menjawab tanda dan gejala anemia, ada 2 orang ibu hamil belum bisa menjawab bahaya anemia dalam kehamilan serta mengenai perilaku kesehatan dalam mencegah terjadinya anemia agar dapat menghindari kejadian anemia selama kehamilan.

Tujuan penelitian: Untuk mengetahui pengetahuan ibu hamil tentang anemia di wilayah kerja Puskesmas Dasan Lekong Kabupaten Lombok Timur.

Metode: Penelitian ini menggunakan penelitian deskriptif kuantitatif. Populasi sebanyak 113 ibu hamil pada bulan Januari dan sampel 30 ibu hamil. Teknik pengambilan sampel menggunakan *Accidental sampling*. Instrumen penelitian menggunakan kuisioner tertutup. Variabel penelitian merupakan variabel tunggal yaitu pengetahuan ibu hamil tentang anemia. Analisa data menggunakan uji *univariat* disajikan dalam bentuk tabel distribusi frekuensi.

Hasil: Hasil penelitian menunjukkan bahwa pengetahuan ibu hamil tentang anemia di wilayah kerja Puskesmas Dasan Lekong Kabupaten Lombok Timur pada kategori baik sebanyak 5 responden (16,7%), kategori cukup sebanyak 16 responden (53,3%), dan kategori kurang sebanyak 9 responden (30%).

Simpulan: Pengetahuan ibu hamil tentang anemia di wilayah kerja Puskesmas Dasan Lekong Kabupaten Lombok Timur sebagian besar ibu hamil berpengetahuan cukup sebanyak 16 responden (53,3%).

Kata Kunci : Pengetahuan ibu, Ibu hamil, Anemia

Ngudi Waluyo University
Study Program of Midwifery, Faculty of Health
Final Project, February 2022
Ayu Nur Irama Sari
152201047

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ABSTRACT

Background: Anemia in pregnancy is a condition of the mother with many Hb levels below the normal limit of 11 g%. Several factors that influence anemia in pregnancy include age, parity, pregnancy distance, education, infectious diseases, economic status, and nutritional status. Insufficient intake of iron in food or blood-added tablets is the main cause of anemia in pregnancy. The results of the preliminary research conducted by the Dasan Lekong Health Center obtained the results of interviews with 10 pregnant women, namely 5 pregnant women who have not been able to answer the signs and symptoms of anemia and the dangers of anemia to the mother and fetus, 3 pregnant women have not been able to explain the meaning, causes of anemia, the dangers of anemia for pregnant women and can only answer the signs and symptoms of anemia, 2 pregnant women have not been able to answer the dangers of anemia in pregnancy and regarding health behavior in preventing anemia during pregnancy.

The purpose of the study: To determine the knowledge of pregnant women about anemia in the working area of the Dasan Lekong Health Center, East Lombok Regency.

Methods: This research uses descriptive quantitative research. The population was 113 pregnant women in January and a sample of 30 pregnant women. The sampling technique used was accidental sampling. The research instrument used a closed questionnaire. The research variable is the single variable, namely the knowledge of pregnant women about anemia. Data analysis using a univariate test is presented in the form of a frequency distribution table.

Results: The results showed that the knowledge of pregnant women about anemia in the working area of the Dasan Lekong Health Center, East Lombok Regency was in the good category as many as 5 respondents (16.7%), the sufficient category was 16 respondents (53.3%), and the less category was as many as 9 respondents (30%).

Conclusion: The knowledge of pregnant women about anemia in the working area of the Dasan Lekong Health Center, East Lombok Regency, most pregnant women has sufficient knowledge, namely as many as 16 respondents (53.3%).

Keywords: Mother's knowledge, Pregnant women, Anemia