

Universitas Ngudi Waluyo Ungaran
Program Studi Kebidanan, Fakultas Kesehatan
Skripsi, Januari 2022
Siti Azizatul Fitri 152201001

Hubungan Pola Makan Dengan Kejadian Anemia Pada Ibu Hamil Tm III Di Puskesmas Dasan Lekong Kabupaten Lombok Timur
(xv + 161 halaman + 13 tabel + 8 lampiran)

ABSTRAK

Latar Belakang : Anemia pada akhir kehamilan atau trimester III terjadi apabila kadar Hemoglobin (Hb) kurang dari 11,0 g/dl. Salah satu faktor yang dapat menyebabkan terjadinya anemia dalam kehamilan adalah pola makan. Pola makan dapat diartikan sebagai cara seseorang atau sekelompok orang untuk memilih makanan dan mengkonsumsinya. Berdasarkan hasil studi pendahuluan yang dilakukan di Puskesmas Dasan Lekong melalui wawancara secara langsung dengan 6 orang ibu hamil diantaranya ibu hamil trimester III bahwa 2 orang tidak anemia dan 4 diantaranya mengalami anemia. Rata-rata ibu mengatakan tidak tahu tentang anemia, penyebab, gejala dan dampak dari anemia pada kehamilan, serta tidak tahu tentang pola makan ibu selama hamil untuk mencegah kejadian anemia. Tujuan penelitian ini untuk mengetahui hubungan pola makan dengan kejadian anemia pada ibu hamil trimester III di wilayah kerja Puskesmas Dasan Lekong Kecamatan Sukamulia Kabupaten Lombok Timur.

Metode : Penelitian ini menggunakan penelitian kuantitatif, dengan desain *cross sectional*. Penelitian tanggal 1 Januari 2022- 16 Januari 2022 di wilayah kerja Puskesmas Dasan Lekong. Populasi berjumlah 40 ibu hamil Trimester III. Teknik pengambilan sampel total sampling. Instrument penelitian menggunakan kuisioner. Analisa data menggunakan uji *spearman rho*.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa ibu hamil dengan pola makan baik dengan jumlah 15 orang (37,5%) , ibu hamil dengan pola makan cukup sejumlah 15 orang (37,5%), sedangkan ibu hamil dengan pola makan kurang didapatkan jumlah 10 orang (25%). Adapun kejadian anemia ibu hamil trimester III pada 40 responden didapatkan mayoritas menderita anemia dengan jumlah 24 orang (60%) sedangkan responden tidak anemia sejumlah 16 orang (40%). Berdasarkan uji *spearman rho* nilai $p\text{-value} = 0,002$ ($p < 0,05$), berarti terdapat hubungan antara pola makan dengan kejadian anemia pada ibu hamil trimester III di puskesmas dasan lekong kabupaten lombok timur.

Kesimpulan : Ada hubungan yang signifikan antara pola makan dengan kejadian anemia pada ibu hamil trimester III di puskesmas dasan lekong kabupaten lombok timur.

Kata kunci : Pola makan ibu hamil trimester III, Anemia pada ibu hamil, Ibu hamil trimester III,

Kepustakaan : 53 (2011-2020)

Ngudi Waluyo University Ungaran
Midwifery Study Program, Faculty of
HealthThesis, January 2022
Siti Azizatul Fitri 152201001

**Relationship between diet and the incidence of anemia in Tm III
pregnantwomen at Dasan Lekong Health Center, East Lombok Regency**
(xv + 161 pages + 13 tables + 8 attachments)

ABSTRACT

Background: Anemia at the end of pregnancy or third trimester occurs when the hemoglobin (Hb) level is less than 11.0 g/dl. One of the factors that can cause anemia in pregnancy is diet. Diet can be defined as the way a person or group of people chooses food and consumes it. Based on the results of a preliminary study conducted at the Dasan Lekong Health Center through direct interviews with 6 pregnant women including third trimester pregnant women that 2 people were not anemic and 4 of them had anemia. On average, mothers said they did not know about anemia, the causes, symptoms and impacts of anemia in pregnancy, and did not know about the mother's diet during pregnancy to prevent anemia. The purpose of this study was to determine the relationship between diet and the incidence of anemia in third trimester pregnant women in the working area of the Dasan Lekong Health Center, Sukamulia District, East Lombok Regency.

Methods: This study uses quantitative research, with a cross sectional design. The research was conducted from January 1, 2022 to January 16, 2022 in the working area of the Dasan Lekong Health Center. The population is 40 pregnant women in the third trimester. The sampling technique used was total sampling. The research instrument used a questionnaire. Data analysis using *spearman rho* test.

Research Results: The results showed that pregnant women with a good diet were 15 people (37.5%), pregnant women with an adequate diet were 15 (37.5%), while pregnant women with a poor diet were 10. people (25%). The incidence of anemia in third trimester pregnant women in 40 respondents was found to be the majority suffering from anemia with a total of 24 people (60%) while the respondents were not anemic as many as 16 people (40%). Based on the *spearman rho* test, $p\text{-value} = 0.002$ ($p < 0.05$), meaning that there is a relationship between diet and the incidence of anemia in third trimester pregnant women at the Dasan Lekong Public Health Center, East Lombok Regency.

Conclusion: There is a significant relationship between diet and the incidence of anemia in third trimester pregnant women at the Dasan Lekong Public Health Center, East Lombok Regency.

Keywords: Diet of third trimester pregnant women, Anemia in pregnant women, Third trimester of pregnant women,
Literature : 78 (2005-2021)