

HUBUNGAN STATUS GIZI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL TM III DI WILAYAH KERJA PUSKESMAS TUNTANG

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ABSTRAK

Latar Belakang : Anemia kehamilan disebut “*Potential danger to mother and child*” (Potensial membahayakan ibu dan anak) sehingga anemia memerlukan perhatian serius dari semua pihak yang terkait dalam hal pelayanan kesehatan. Secara umum penyebab anemia pada ibu hamil adalah kekurangan gizi atau malnutrisi, kehilangan banyak darah pada persalinan yang lalu, penyakit kronis seperti tuberculosis (TBC), cacing usus, dan malaria. Berdasarkan studi pendahuluan pada 117 ibu hamil TM III di wilayah kerja puskesmas tuntang yang mengalami KEK sebanyak 24 orang dan yang mengalami anemia sebanyak 22 orang. Tujuan dari penelitian ini untuk mengetahui hubungan status gizi dengan kejadian anemia pada ibu hamil TM III di wilayah kerja puskesmas tuntang.

Metode : Jenis penelitian ini adalah penelitian kuantitatif, menggunakan desain penelitian *cross sectional*. Populasi dalam penelitian ini adalah 117 ibu hamil, dengan teknik pengambilan sampel menggunakan *total sampling*. Instrumen penelitian menggunakan kohort ibu hamil. Analisa data menggunakan uji chi-square.

Hasil : ibu yang berstatus gizi KEK sebanyak 67 responden (57,3%), anemia sebanyak 23 responden (19,7%) tidak anemia sebanyak 44 responden (57,3%), dan yang tidak KEK sebanyak 50 responden (42,7%), responden yang mengalami anemia sebanyak 35 responden (29,9 %) dan yang tidak anemia sebanyak 15 responden (12,8%). Berdasarkan analisis uji statistik chi-square dengan hasil uji diperoleh bahwa $\text{sig-p} = 0,000 < 0,05$, maka dapat disimpulkan bahwa ada hubungan antara status gizi dengan kejadian anemia pada ibu hamil.

Kesimpulan : Terdapat hubungan status gizi dengan kejadian anemia di wilayah kerja puskesmas Tuntang. Bagi ibu hamil di Puskesmas Kotagede I supaya terus mempertahankan status gizinya selama kehamilannya sehingga dapat mencegah terjadinya anemia maupun komplikasi kehamilan.

Kata kunci : Status Gizi, Anemia, Ibu Hamil

ABSTRACT

Background: Anemia of pregnancy is called "Potential danger to mother and child" (Potentially endangering mother and child) so that anemia requires serious attention from all parties involved in terms of health services. In general, the causes of anemia in pregnant women are malnutrition or malnutrition, heavy blood loss in previous deliveries, chronic diseases such as tuberculosis (TB), intestinal worms, and malaria. Based on a preliminary study on 117 TM III pregnant women in the working area of the Tuntang Health Center, 24 people experienced KEK and 22 people experienced anemia. The purpose of this study was to determine the relationship between nutritional status and the incidence of anemia in TM III pregnant women in the working area of the Tuntang Public Health Center.

Methods: This type of research is a quantitative study, using a cross-sectional research design. The population in this study were 117 pregnant women, with the sampling technique using total sampling. The research instrument uses a cohort of pregnant women. Data analysis using chi-square test.

Results: 67 respondents (57.3%) had nutritional status with KEK, 23 respondents (19.7%) had anemia without anemia 44 respondents (57.3%), and 50 respondents (42.7%) did not %), 35 respondents (29.9%) had anemia and 15 respondents (12.8%) were not anemic. Based on the analysis of the chi-square statistical test with the test results obtained that $\text{sig-p} = 0.000 < 0.05$, it can be concluded that there is a relationship between nutritional status and the incidence of anemia in pregnant women.

Conclusion: There is a relationship between nutritional status and the incidence of anemia in the working area of the Tutang Health Center. For pregnant women at the Kotagede I Health Center to continue to maintain their nutritional status during their pregnancy so as to prevent anemia and pregnancy complications.

Keywords: Nutritional Status, Anemia, Pregnant Women