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Hubungan Antara Tingkat Asupan Energi, Tingkat Asupan Protein dan Kepatuhan Konsumsi Tablet Tambah Darah dengan Kejadian Anemia pada Ibu Hamil di Puskesmas Karang Rejo Kota Tarakan

ABSTRAK

Latar Belakang : Anemia pada ibu hamil merupakan masalah kesehatan masyarakat yang masih tinggi, termasuk di Kota Tarakan. Anemia dapat berdampak serius terhadap kesehatan ibu maupun janin.
Tujuan : Tujuan penelitian ini adalah untuk mengetahui hubungan antara tingkat Asupan Energi, asupan protein, dan kepatuhan konsumsi TTD dengan kejadian anemia pada ibu hamil di Puskesmas Karang Rejo Kota Tarakan.
Metode : Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional pada ibu hamil trimester III di Puskesmas Karang Rejo. Sampel sebanyak 35 responden dipilih dengan purposive sampling. Data dikumpulkan melalui wawancara kuesioner dan pemeriksaan hemoglobin, lalu dianalisis menggunakan *uji chi-square*.
Hasil : Hasil penelitian menunjukkan sebagian besar responden tidak anemia (22 orang) dan sisanya anemia (13 orang). Tingkat Asupan Energi kategori baik sebanyak 20 orang, protein baik 18 orang, serta patuh mengonsumsi TTD 21 orang. Hasil uji *chi-square* terdapat hubungan yang signifikan antara tingkat tingkat Asupan Energi ($p = 0,046$), asupan protein ($p = 0,026$), dan kepatuhan konsumsi TTD ($p = 0.009$) dengan kejadian anemia pada ibu hamil. Ibu hamil dengan tingkat Asupan Energi dan protein yang rendah serta tidak patuh dalam mengonsumsi TTD cenderung lebih berisiko mengalami anemia.
Kesimpulan : Kesimpulan penelitian ini adalah terdapat hubungan signifikan antara tingkat asupan energi, protein, dan kepatuhan konsumsi TTD dengan anemia pada ibu hamil. Tenaga kesehatan diharapkan lebih intensif dalam edukasi gizi dan pemantauan konsumsi TTD.

Kata kunci : Anemia, Tingkat Asupan Energi, tingkat Asupan Protein, Tablet Tambah Darah, Ibu Hamil
Daftar Pustaka: 45 (2010-2023)

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ABSTRACT

The Relationship Between Energy Intake, Protein Intake, and Iron Tablet Compliance with the Incidence of Anemia in Pregnant Women at the Karang Rejo Community Health Center Tarakan City

Background: *Anemia in pregnant women remains a significant public health problem, including in Tarakan City. Anemia can seriously impact the health of both the mother and the fetus.*
Objective: *The purpose of this study was to determine the relationship between energy intake, protein intake, and adherence to iron tablet consumption with the incidence of anemia in pregnant women at the Karang Rejo Community Health Center in Tarakan City.*
Methods*: This study used a quantitative method with a cross-sectional design. The study involved pregnant women in their third trimester at the Karang Rejo Community Health Center. A sample of 35 respondents was selected using purposive sampling. Data were collected through questionnaire interviews and hemoglobin tests, then analyzed using the chi-square test.*
Results: *The study showed that the majority of respondents (22) were not anemic, while the remainder (13) were anemic. Twenty respondents had good energy intake, 18 had good protein intake, and 21 were compliant with iron tablet consumption. The chi-square test results showed a significant relationship between energy intake (p = 0.046), protein intake (p = 0.026), and iron supplement compliance (p = 0.009) and the incidence of anemia in pregnant women. Pregnant women with low energy and protein intake and non-adherence to iron supplement consumption tend to be at higher risk of anemia.*
Conclusion: *This study concludes that there is a significant relationship between energy and protein intake and iron supplement compliance with iron supplement consumption and anemia in pregnant women. Health workers are expected to be more intensive in providing nutrition education and monitoring iron supplement consumption..*

Keywords *: Anemia, Energy Intake, Protein Intake, Iron Supplements, Pregnant Women*
Bibliography : 45 (2010-2023)