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HUBUNGAN USIA IBU DAN PARITAS DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI PUSKESMAS KESESI II KABUPATEN PEKALONGAN

ABSTRAK

Latar Belakang: Ibu hamil merupakan kelompok rentan masalah gizi, termasuk anemia. Prevalensi anemia pada ibu hamil di Puskesmas Kesesi II mencapai 29,1%. Ibu dengan usia risiko tinggi dan paritas tinggi meningkatkan risiko kejadian anemia pada ibu hamil di Puskesmas Kesesi II. Penelitian ini bertujuan untuk mengetahui hubungan usia ibu dan paritas dengan kejadian anemia pada ibu hamil di Puskesmas Kesesi II Kabupaten Pekalongan.

Metode penelitian: penelitian kuantitatif dengan desain *cross sectional*. Sampel penelitian adalah ibu hamil trimester III sebanyak 52 orang dengan teknik total sampling. Instrumen pengumpulan data menggunakan buku register KIA. Analisis data dengan analisa univariat dan uji *Chi-Square*.

Hasil: responden sebagian besar memiliki usia risiko rendah (20-35 tahun) (76,9%), paritas risiko rendah (multipara) (61,5%), dan tidak mengalami anemia (53,8%). Hasil uji *Chi-Square* menunjukkan ada hubungan usia ibu ($p\ value = 0,000$) dan paritas ($p\ value = 0,000$) dengan kejadian anemia pada ibu hamil.

Simpulan: penelitian ini menunjukkan bahwa ada hubungan antara usia ibu dan paritas dengan kejadian anemia pada ibu hamil di Puskesmas Kesesi II. Diharapkan Puskesmas rutin mengadakan edukasi tentang anemia kehamilan, serta meningkatkan cakupan dan pemantauan kepatuhan minum tablet tambah darah pada ibu hamil.

Kata kunci : Anemia, Hamil, Paritas, Usia ibu

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THE RELATIONSHIP BETWEEN MATERNAL AGE AND PARITY WITH THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN AT THE KESESI II HEALTH CENTER IN PEKALONGAN REGENCY

ABSTRACT

Background: Pregnant women are a vulnerable group in terms of nutritional problems, including anemia. The prevalence of anemia among pregnant women at the Kesesi II Community Health Center reached 29.1%. Mothers with high risk ages and high parity increase the risk of anemia among pregnant women at the Kesesi II Community Health Center. This study aims to determine the relationship between maternal age and parity with the incidence of anemia among pregnant women at the Kesesi II Community Health Center in Pekalongan Regency.

Method: quantitative research with a cross-sectional design. The research sample consisted of 52 pregnant women in their third trimester, selected using total sampling. Data collection instruments used the KIA register book. Data analysis was performed using univariate analysis and the Chi-Square test.

Results: Most respondents were in the low-risk age group (20–35 years) (76.9%), had low-risk parity (multipara) (61.5%), and did not experience anemia (53.8%). The Chi-Square test results showed a significant association between maternal age (p -value = 0.000) and parity (p -value = 0.000) with the occurrence of anemia in pregnant women.

Conclusion: This study shows that maternal age and parity influence the incidence of anemia in pregnant women. It is hoped that health centers will routinely conduct education on pregnancy-related anemia, as well as improve coverage and monitoring of compliance with iron tablet intake among pregnant women.

Keywords: Anemia, Pregnancy, Parity, Maternal age