

ABSTRAK

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Hubungan Usia dan Paritas dengan Kejadian Anemia pada Ibu Hamil di Wilayah Kerja UPTD Puskesmas Tanjung Palas

Latar Belakang : Anemia pada kehamilan merupakan salah satu masalah kesehatan yang dapat meningkatkan risiko morbiditas dan mortalitas ibu maupun janin. Faktor-faktor yang memengaruhi kejadian anemia pada ibu hamil antara lain usia dan paritas. Masalah usia dan paritas terhadap anemia pada ibu hamil cukup signifikan, karena keduanya memengaruhi kebutuhan zat besi, cadangan tubuh, dan resiko komplikasi. Usia dan multiparitas meningkatkan resiko anemia karena cadangan zat besi rendah, kebutuhan tinggi, dan pemulihan cadangan yang tidak optimal. Kombinasi usia dan multiparitas mengakibatkan terjadinya resiko anemia meningkat berlipat ganda dan berpotensi menyebabkan komplikasi seperti BBLR, perdarahan postpartum, dan kematian ibu. Penelitian ini bertujuan untuk mengetahui hubungan antara usia dan paritas dengan kejadian anemia pada ibu hamil di wilayah kerja UPTD Puskesmas Tanjung Palas.

Metode : Jenis penelitian dalam penelitian ini yaitu deskriptif analitik, penelitian ini menggunakan desain analitik korelasional dengan pendekatan cross sectional. Populasi dalam penelitian ini yaitu ibu hamil yang berkunjung dari trimester I, II, dan III. Populasi dan sampelnya berjumlah sama yaitu sebanyak 75 orang ibu hamil diambil secara total sampling. Alat pengumpulan datanya menggunakan instrumen penelitian, data diperoleh melalui buku register ANC. Analisis data dilakukan secara bivariat menggunakan uji chi-square.

Hasil : Hasil penelitian menunjukkan bahwa ibu hamil dengan usia produktif (20-35 tahun) dan multiparitas (2-4) memiliki resiko lebih tinggi mengalami anemia. Terdapat hubungan yang signifikan antara usia ibu hamil dengan kejadian anemia ($p\text{-value} = 0,000$), serta terdapat hubungan yang signifikan antara paritas dengan kejadian anemia ($p\text{-value} = 0,000$).

Simpulan : Dapat disimpulkan bahwa usia dan paritas berhubungan signifikan dengan kejadian anemia pada ibu hamil. Disarankan agar petugas kesehatan meningkatkan edukasi kepada ibu hamil mengenai pentingnya pemeriksaan kehamilan secara rutin dan pencegahan anemia, terutama pada kelompok usia risiko dan multipara.

Kata kunci: usia, paritas, anemia, ibu hamil

ABSTRACT

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THE RELATIONSHIP BETWEEN MATERNAL AGE AND PARITY WITH THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN IN THE WORKING AREA OF UPTD PUSKESMAS TANJUNG PALAS

Background : Anemia during pregnancy is a public health problem that can increase the risk of maternal and fetal morbidity and mortality. Factors influencing the incidence of anemia in pregnant women include age and parity. The impact of age and parity on anemia in pregnancy is quite significant, as both affect iron requirements, body reserves, and the risk of complications. Advanced maternal age and multiparity increase the risk of anemia due to low iron reserves, high demand, and suboptimal recovery of iron stores. The combination of advanced age and multiparity can multiply the risk of anemia and potentially lead to complications such as low birth weight (LBW), postpartum hemorrhage, and maternal death. This study aims to determine the relationship between age and parity with the incidence of anemia in pregnant women in the working area of the Tanjung Palas Community Health Center (UPTD Puskesmas Tanjung Palas).

Methods : The type of research in this study is descriptive-analytic, using a correlational analytic design with a cross-sectional approach. The study population consisted of pregnant women in their first, second, and third trimesters who visited the health facility. The population and sample were the same, totaling 75 pregnant women, selected using total sampling. Data collection was carried out using research instruments, with data obtained from the ANC (Antenatal Care) register book. Data analysis was performed bivariately using the chi-square test.

Results : The results of the study showed that pregnant women of reproductive age (20–35 years) and those with multiparity (2–4 deliveries) had a higher risk of experiencing anemia. There was a significant relationship between maternal age and the incidence of anemia (p -value = 0.000), as well as a significant relationship between parity and the incidence of anemia (p -value = 0.000).

Conclusion : It can be concluded that maternal age and parity are significantly associated with the incidence of anemia in pregnant women. It is recommended that health workers enhance education for pregnant women about the importance of regular antenatal check-ups and anemia prevention, especially for those in high-risk age and parity groups.

Keywords: age, parity, anemia, pregnant women