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GAMBARAN PENGETAHUAN IBU HAMIL TENTANG PENCEGAHAN ANEMIA DI PUSKESMAS LEYANGAN

ABSTRAK

Anemia pada kehamilan disebabkan karena kekurangan zat besi, menurut WHO kejadian anemia hamil berkisar antara 20 % sampai dengan 89 % dengan menetapkan Hb 11 gr % sebagai dasarnya. Anemia dalam kehamilan dapat memberikan dampak yang kurang baik bagi janin maupun bagi ibu . Upaya pencegahan anemia dapat dilakukan dengan pemenuhan gizi seimbang dan konsumsi suplemen tambah darah. Beberapa ibu hamil belum memahami tentang pencegahan anemia sehingga beresiko mengalami anemia selama kehamilan. Penelitian ini bertujuan untuk menggambarkan pengetahuan ibu hamil tentang pencegahan anemia.

Desain Penelitian ini *deskriptif kuantitatif* dengan pendekatan *Cross Sectional* Populasi dalam penelitian ini yaitu seluruh ibu hamil di Puskesmas Leyangan Kabupaten Semarang yang melakukan pemeriksaan kehamilan pada bulan Juni-Juli 2025 sebanyak 80 responden. Teknik sampling menggunakan *accidental sampling* dengan jumlah sampel 50 responden. Metode pengumpulan data yaitu kuesioner berupa pernyataan. Analisis data univariat menggunakan distribusi frekuensi.

Hasil Pengetahuan ibu hamil tentang pencegahan anemia yaitu pada penerapan makanan bergizi seimbang ibu hamil dengan pengetahuan yang baik sebanyak 31 Responden (62%), sedangkan ibu hamil yang memiliki pengetahuan cukup sebanyak 19 responden (38%) dan pengetahuan ibu mengenai tablet tambah darah sebagai suplementasi gizi pada ibu hamil dengan pengetahuan yang baik sebanyak 42 responden (84%), ibu hamil yang memiliki pengetahuan cukup sebanyak 4 responden (8%) dan ibu hamil yang memiliki pengetahuan pengetahuan yang kurang sebanyak 4 Responden (8%).

Kesimpulan pada penelitian ini Pengetahuan ibu hamil tentang pencegahan anemia di Puskesmas Leyangan sebagian besar dengan kategori pengetahuan baik. Saran agar dapat menerapkan pencegahan anemia, terutama dalam memberikan pengetahuan terkait pemberian makanan bergizi seimbang dan suplementasi zat besi.

Kata kunci : Pengetahuan, Ibu Hamil, Pencegahan , Anemia

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DESCRIPTION OF PREGNANT WOMEN'S KNOWLEDGE ABOUT ANEMIA PREVENTION AT LEYANGAN PUBLIC HEALTH CENTER

ABSTRACT

Anemia in pregnancy is caused by iron deficiency. According to the WHO, the incidence of anemia in pregnancy ranges from 20% to 89%, with a baseline Hb of 11 g%. Hb of 9–10 g% is considered mild anemia. Hb of 7–8 g% is considered moderate anemia. Hb <7 g% is considered severe anemia. Anemia and chronic energy deficiency (CED) in pregnant women are the main causes of bleeding and infection. The infant mortality rate (IMR) is 22.23 per 1,000 live births, with low birth weight (LBW) accounting for 38.94%, a factor related to the incidence of anemia during pregnancy.

This research design is quantitative descriptive with a Cross Sectional approach. The population in this study were all pregnant women at Leyangan Health Center, Semarang Regency who underwent pregnancy check-ups in June–July 2025, totaling 80 respondents. The sampling technique used accidental sampling with a sample size of 50 respondents. The data collection method was a questionnaire in the form of statements. Univariate data analysis used frequency distribution.

Univariate analysis of pregnant women's knowledge about anemia prevention, namely on the application of balanced nutritious food, pregnant women with good knowledge were 31 respondents (62%), while pregnant women who had sufficient knowledge were 19 respondents (38%) and maternal knowledge regarding iron tablets as nutritional supplementation in pregnant women with good knowledge were 42 respondents (84%), pregnant women who had sufficient knowledge were 4 respondents (8%) and pregnant women who had insufficient knowledge were 4 respondents (8%).

The conclusion of this study is that pregnant women's knowledge about anemia prevention at the Leyangan Community Health Center is mostly good. Recommendations are for implementing anemia prevention, particularly through providing knowledge related to providing a balanced nutritious diet and iron supplementation.

Keywords: Pregnant Women, Anemia, Pregnancy