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FAKTOR-FAKTOR YANG MEMPENGARUHI KEJADIAN ANEMIA PADA IBU HAMIL DI PUSKEMAS PEMBANTU (PUSTU) TENGKU DACING PKM TANA LIA

ABSTRAK

Latar Belakang: Anemia pada ibu hamil merupakan salah satu masalah kesehatan masyarakat yang masih banyak ditemukan di wilayah kerja Puskesmas Pembantu (Pustu) Tengku Dacing PKM Tana Lia. Anemia selama kehamilan dapat meningkatkan risiko komplikasi persalinan hingga gangguan pertumbuhan janin. Penelitian ini bertujuan untuk menganalisis hubungan antara usia ibu, paritas, dan usia kehamilan dengan kejadian anemia pada ibu hamil di Pustu Tengku Dacing PKM Tana Lia.

Metode: Penelitian ini menggunakan metode analitik korelasi dengan rancangan cross-sectional. Sampel penelitian berjumlah 30 ibu hamil yang diperoleh melalui total sampling dari data kohort ibu hamil. Data yang digunakan merupakan data sekunder dari register kohort ibu dan hasil pemeriksaan kadar hemoglobin (Hb). Analisis data dilakukan secara univariat dan bivariat menggunakan uji statistik *Fisher's Exact Test* dengan tingkat kemaknaan a = 0,05.

Hasil: Dari 30 responden, sebanyak 16 responden (53,3%) mengalami anemia dan 14 responden (46,7%) tidak mengalami anemia. Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara usia ibu dengan kejadian anemia (p-value = 0,011), terdapat hubungan yang signifikan antara paritas dengan kejadian anemia (p-value = 0,008), serta terdapat hubungan yang signifikan antara usia kehamilan dengan kejadian anemia (p-value = 0,003). Kejadian anemia paling tinggi ditemukan pada ibu hamil kelompok usia berisiko tinggi (83,3%), kelompok grandemultigravida (100,0%), serta ibu hamil pada trimester III (84,6%).

Kesimpulan: Usia ibu, paritas, dan usia kehamilan berhubungan secara signifikan dengan kejadian anemia pada ibu hamil di Pustu Tengku Dacing PKM Tana Lia. Hasil penelitian ini diharapkan dapat menjadi masukan bagi pelayanan kesehatan dalam meningkatkan deteksi dini, pemantauan kadar Hb, edukasi gizi, serta pendampingan antenatal intensif terutama pada kelompok ibu hamil berisiko tinggi

Kata kunci: Anemia, ibu hamil, paritas, usia ibu, usia kehamilan

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FACTORS INFLUENCING THE INCIDENCE OF ANEMIA AMONG PREGNANT WOMEN AT TENGKU DACING AUXILIARY COMMUNITY HEALTH CENTER (PUSTU), TANA LIA PUBLIC HEALTH CENTER

ABSTRACT

Background: *Anemia among pregnant women remains a significant public health issue in the working area of Tengku Dacing Auxiliary Community Health Center (Pustu), Tana Lia Public Health Center. Anemia during pregnancy increases the risk of maternal complications and fetal growth restriction. This study aimed to analyze the relationship between maternal age, parity, and gestational age with the incidence of anemia among pregnant women at Tengku Dacing Pustu, Tana Lia Public Health Center.*

Methods: *This study employed an analytical correlational method with a cross-sectional design. The sample consisted of 30 pregnant women selected using total sampling from maternal cohort records. Secondary data were obtained from maternal cohort registers and hemoglobin (Hb) laboratory examination records. Data were analyzed using univariate and bivariate analyses with Fisher's Exact Test at a significance level of a = 0.05.*

Results: *Out of 30 respondents, 16 respondents (53.3%) experienced anemia, while 14 respondents (46.7%) were non-anemic. Bivariate statistical analysis showed a significant relationship between maternal age and anemia incidence (p-value = 0.011), parity and anemia incidence (p-value = 0.008), and gestational age and anemia incidence (p-value = 0.003). The highest incidence of anemia was observed among pregnant women in the high-risk age group (83.3%), grandemultigravida group (100.0%), and those in the third trimester of pregnancy (84.6%).*

Conclusion: *Maternal age, parity, and gestational age are significantly associated with the incidence of anemia among pregnant women at Tengku Dacing Pustu, Tana Lia Public Health Center. These findings are expected to serve as valuable input for health services to improve early screening, Hb monitoring, nutritional education, and intensive antenatal care, particularly for high-risk pregnant women.*

Keywords: *Anemia, gestational age, maternal age, parity, pregnant women*

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