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Hubungan Usia dan Paritas dengan Kejadian Anemia pada Ibu Hamil di Wilayah Puskesmas Bumi Rahayu Kalimantan Utara
xvi + 89 Halaman + 7 Tabel + 2 Gambar + 8 Lampiran

ABSTRAK

Latar Belakang, Masalah, dan Tujuan : Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi maternal dan perinatal. Faktor usia dan paritas diduga berperan terhadap kejadian anemia. Penelitian ini bertujuan untuk mengetahui hubungan usia dan paritas dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Bumi Rahayu Kalimantan Utara.
Metode Penelitian : Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross sectional*. Sampel sebanyak 54 ibu hamil diambil menggunakan total sampling. Data diperoleh dari rekam medis dan buku register pelayanan antenatal. Analisis data menggunakan uji Chi-Square dengan tingkat kemaknaan 95% ($\alpha = 0,05$) serta perhitungan *Odds Ratio* (OR).
Hasil Penelitian : Hasil penelitian menunjukkan bahwa sebagian besar responden berusia tidak berisiko (61,1%) dan memiliki paritas tidak berisiko (66,7%). Sebanyak 46,3% ibu hamil mengalami anemia. Terdapat hubungan yang signifikan antara usia dengan kejadian anemia (p=0,017; OR=4,000) dan antara paritas dengan kejadian anemia (p=0,034; OR=3,538). Ibu hamil dengan usia dan paritas berisiko memiliki peluang lebih besar mengalami anemia.
Simpulan dan Saran : Disimpulkan bahwa usia dan paritas berhubungan signifikan dengan kejadian anemia pada ibu hamil. Disarankan agar tenaga kesehatan meningkatkan skrining risiko, pemantauan kadar hemoglobin, serta edukasi kepatuhan konsumsi tablet tambah darah dan gizi seimbang untuk mencegah anemia pada ibu hamil.
Kata kunci : anemia, ibu hamil, paritas, usia

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Relationship Between Age and Parity with the Incidence of Anemia in Pregnant Women at Bumi Rahayu Public Health Center, North Kalimantan
xvi + 89 Pages + 7 Tables + 2 Pictures + 8 Attachments

ABSTRACT

Background, Problem, and Research Purposes *: Anemia in pregnancy remains a significant health problem that increases the risk of maternal and perinatal complications. Maternal age and parity are considered important contributing factors. This study aimed to determine the relationship between maternal age and parity with the incidence of anemia among pregnant women in the working area of Bumi Rahayu Public Health Center, North Kalimantan.*
Method *: This study employed an observational analytic design with a cross-sectional approach. A total of 54 pregnant women were selected using total sampling technique. Data were collected from medical records and antenatal care registers. Data analysis was performed using the Chi-Square test with a significance level of 95% (α = 0.05) and Odds Ratio (OR).*
Results *: The results showed that most respondents were in the non-risk age group (61.1%) and had non-risk parity (66.7%). A total of 46.3% of pregnant women experienced anemia. There was a significant relationship between maternal age and anemia (p=0.017; OR=4.000) and between parity and anemia (p=0.034; OR=3.538). Pregnant women with risk age and parity had a higher likelihood of experiencing anemia.*
Conclusion *: In conclusion, maternal age and parity are significantly associated with the incidence of anemia in pregnant women. It is recommended that health workers strengthen risk screening, hemoglobin monitoring, and education on iron supplementation adherence and balanced nutrition to prevent anemia.*
Keywords : *age, anemia, parity, pregnant women*