

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUN
JURUSAN KEBIDANAN**

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Hubungan Konsumsi Enhancer dan Inhibitor Fe dengan Kejadian Anemia pada Ibu Hamil Trimester III di Puskesmas Sukarame Kota Bandar Lampung Tahun 2024

xviii + 63 halaman, 11 tabel, 2 gambar, 10 lampiran

RINGKASAN

Secara global prevalensi anemia pada ibu hamil diseluruh dunia sebesar 41,8%. Prevalensi anemia atau kekurangan darah pada ibu hamil di Indonesia masih tergolong tinggi sebanyak 48,9%. Puskesmas Sukarame menjadi ibu hamil dengan anemia tertinggi di bandar Lampung tahun 2022. Terhambatnya penyerapan zat besi meningkatkan risiko anemia. Penyerapan zat besi dapat ditingkatkan dengan mengkonsumsi enhancer dan mengurangi inhibitor zat besi.

Penelitian ini bertujuan untuk mengetahui hubungan konsumsi (enhancer dan inhibitor) Fe dengan kejadian anemia pada ibu hamil trimester III di Puskesmas Sukarame Kota Bandar Lampung tahun 2024.

Jenis penelitian yang digunakan observasional analitik dengan rancangan cross sectional dan pengumpulan suatu data sekaligus pada suatu waktu (point time approach). Sumber data diperoleh dari seluruh ibu hamil trimester III (UK \geq 34 minggu) sebesar 36 ibu hamil dengan 35 anemia dan 31 tidak anemia. Pengumpulan data menggunakan Food Frequency Questionnaire (FFQ) dan pengukuran kadar Hb menggunakan easy touch. kemudian data di analisis menggunakan uji Chi-square.

Hasil penelitian ini menunjukkan bahwa ada hubungan yang signifikan antara konsumsi enhancer Fe ($p=0,002$) dan inhibitor Fe ($p=0,005$) dengan kejadian anemia pada ibu hamil trimester III di Puskesmas Sukarame signifikan antara breastfeeding self-efficacy dengan keberhasilan ASI Eksklusif ($p\text{-value} < 0,05$). Kebiasaan konsumsi enhancer dan inhibitor Fe berkontribusi terhadap kejadian anemia pada ibu hamil trimester III sehingga ibu disarankan untuk meningkatkan konsumsi enhancer dan mengurangi konsumsi inhibitor zat besi untuk meminimalisir terjadinya anemia.

Kata Kunci: Penambah, Penghambat, Penyerapan Zat Besi

Daftar Bacaan: 50 (2014 – 2023)

**HEALTH POLYTECHNIC MINISTRY OF HEALTH TANJUNGPUR
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The Relationship between Fe Consumption (Enhancers and Inhibitors) with the Incidence of Anemia in Third Trimester Pregnant Women in Sukarame Health Center Bandar Lampung City in 2024

xviii + 63 pages, 11 tables, 2 figures, 10 appendices

ABSTRACT

Globally, the prevalence of anemia in pregnant women worldwide is 41.8%. The prevalence of anemia or lack of blood in pregnant women in Indonesia is still relatively high at 48.9%. The Sukarame Health Center became the pregnant woman with the highest anemia in the city of Lampung in 2022. Inhibited iron absorption increases the risk of anemia. Iron absorption can be improved by consuming enhancers and reducing iron inhibitors.

This study aims to determine the relationship between Fe consumption (enhancers and inhibitors) and the incidence of anemia in pregnant women in the third trimester at the Sukarame Health Center, Bandar Lampung City in 2024.

The type of research used is observational analysis with a cross sectional design and the collection of data at once (point time approach). The source of data was obtained from all pregnant women in the third trimester (UK > 34 weeks) of 36 pregnant women with 35 anemia and 31 without anemia. Data collection was carried out using the Food Frequency Questionnaire (FFQ) and measuring Hb levels using easy touch. then the data was analyzed using the Chi-square test.

The results of this study showed that there was a significant relationship between the consumption of Fe enhancers ($p=0.002$) and Fe inhibitors ($p=0.005$) and the incidence of anemia in pregnant women in the third trimester at the Sukarame Health Center. The habit of consuming enhancers and Fe inhibitors contributes to the incidence of anemia in pregnant women in the third trimester, so mothers are advised to increase the consumption of enhancers and reduce the consumption of iron inhibitors to minimize the occurrence of anemia.

Keywords: *Enhancer, Inhibitor, Iron absorption*

Reading List: 50 (2014 – 2023)