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**HUBUNGAN USIA PARITAS DAN ANEMIA TERHADAP KEKURANGAN ENERGI
KRONIK PADA IBU HAMIL DI PUSKESMAS YOSOMULYO**

xiv + 44 halaman, 7 tabel, 4 gambar, 8 lampiran

RINGKASAN

Kekurangan Energi Kronis (KEK) pada ibu hamil merupakan kondisi kekurangan asupan makanan yang berlangsung lama sehingga menimbulkan gangguan kesehatan pada ibu. Berdasarkan data SKI 2023, prevalensi KEK di Indonesia meningkat dari 10,6% pada Riset Kesehatan Dasar 2018. Prevalensi KEK di Kota Metro meningkat dari 4,12% pada 2022 menjadi 7,58% pada 2023 Puskesmas Yosomulyo mencatat angka tertinggi sebesar 16,5% ibu hamil KEK di Kota Metro. Faktor-faktor seperti usia ibu, paritas, dan anemia diduga berperan dalam kekurangan energi kronik pada ibu hamil. Tujuan penelitian ini adalah untuk mengidentifikasi hubungan antara usia, paritas, dan anemia terhadap KEK pada ibu hamil di Puskesmas Yosomulyo tahun 2024.

Penelitian ini merupakan penelitian kuantitatif dengan desain *case control*. Populasi pada penelitian ini adalah ibu hamil di Puskesmas Yosomulyo dengan jumlah 569 ibu hamil, dengan populasi kasus 43 ibu hamil KEK dan populasi kontrol 523 ibu hamil tidak KEK. Sampel pada penelitian ini diambil menggunakan teknik *purposive sampling*. Sampel pada penelitian ini terdiri dari kelompok kasus dan kontrol 1:2, dengan 27 kelompok kasus (KEK) dan 54 kelompok kontrol (Tidak KEK). Data dikumpulkan melalui studi dokumentasi pada rekam medik dengan analisis bivariat menggunakan uji *fisher exact*.

Hasil univariat menunjukkan proporsi usia pada ibu hamil dengan usia beresiko sebesar 8,6%, ibu hamil dengan paritas beresiko sebesar 12,3%, dan ibu hamil dengan anemia sebesar 23,5%. Analisis bivariat menggunakan uji *fisher exact* dikarenakan tidak memenuhi syarat *uji chi square* terdapat nilai harapan <5 dalam suatu sel. Hasil uji *fisher exact* didapatkan hubungan yang signifikan antara usia ibu ($p = 0,0038$ dan $OR = 5,909$), paritas ($p = 0,014$ dan $OR = 5,950$), dan anemia ($p = 0,000$ dan $OR = 10,554$) terhadap kejadian KEK pada ibu hamil di Puskesmas Yosomulyo.

Kesimpulan penelitian ini bahwa terdapat hubungan antara usia ibu, paritas dan anemia terhadap kejadian KEK pada ibu hamil di Puskesmas Yosomulyo. Diharapkan hasil penelitian ini dapat dijadikan informasi tambahan mengenai ibu hamil yang mengalami KEK sehingga tenaga kesehatan disarankan untuk meningkatkan upaya skrining dan pemantauan status gizi ibu hamil secara berkala, terutama pada kelompok usia risiko dan ibu dengan paritas tinggi. Edukasi mengenai pentingnya asupan gizi seimbang serta pencegahan anemia melalui konsumsi tablet tambah darah perlu diperkuat dalam setiap kunjungan antenatal care.

Kata Kunci: Usia, Paritas, Anemia, KEK, Ibu Hamil

Daftar Bacaan: 36 (2018-2024)

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**THE RELATIONSHIP BETWEEN AGE PARITY AND ANEMIA TO CHRONIC
ENERGY DEFICIENCY IN PREGNANT WOMEN AT THE YOSOMULYO HEALTH
CENTER**

xiv + 44 pages, 7 tables, 4 pictures, 8 appendices

SUMMARY

Chronic Energy Deficiency (CED) in pregnant women is a condition of lack of food intake that lasts for a long time so that it causes health problems in the mother. Based on SKI 2023 data, the prevalence of CED in Indonesia increased from 10.6% in Riskesdas 2018. The prevalence of CED in Metro City increased from 4.12% in 2022 to 7.58% in 2023. The Yosomulyo Health Center recorded the highest rate of 16.5% of pregnant women in Metro City. Factors such as maternal age, parity, and anemia are thought to play a role in chronic energy deficiency in pregnant women. The purpose of this study is to identify the relationship between age, parity, and anemia for CED in pregnant women at the Yosomulyo Health Center in 2024.

This research is a quantitative research with *a case control design*. The population in this study is pregnant women at the Yosomulyo Health Center with a total of 569 pregnant women, with a case population of 43 pregnant women in CED and a control population of 523 pregnant women who are not CED. The samples in this study were taken using *purposive sampling* techniques. The sample in this study consisted of a 1:2 case and control group, with 27 case groups (CED) and 54 control groups (Non-CED). Data were collected through a documentation study on medical records with bivariate analysis using *the fisher exact test*.

Univariate results showed that the proportion of age in pregnant women with risk age was 8.6%, pregnant women with risk parity of 12.3%, and pregnant women with anemia was 23.5%. Bivariate analysis uses *the fisher exact test* because it does not meet the requirements of *the chi square test*, there is an expectation value of <5 in a cell. The results of *the fisher exact test* found a significant relationship between maternal age ($p = 0.0038$ and $OR = 5.909$), parity ($p = 0.014$ and $OR = 5.950$), and anemia ($p = 0.000$ and $OR = 10.554$) on the incidence of CED in pregnant women at the Yosomulyo Health Center.

The conclusion of this study is that there is a relationship between maternal age, parity and anemia on the incidence of KEK in pregnant women at the Yosomulyo Health Center. It is hoped that the results of this study can be used as additional information about pregnant women who experience CED so that health workers are advised to increase efforts to screen and monitor the nutritional status of pregnant women periodically, especially in the risk age group and mothers with high parity. Education about the importance of balanced nutritional intake and the prevention of anemia through the consumption of blood supplement tablets needs to be strengthened in every antenatal care visit.

Keywords: Age, Parity, Anemia, CED, Pregnant Women

Reading List: 36 (2018-2024)