

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURBARANG
JURUSAN KEBIDANAN

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**Faktor Faktor Yang Berhubungan Dengan Kejadian Anemia Pada Ibu Hamil
di Wilayah Kerja Puskesmas Kemiling Bandar Lampung**

xiv + 49 halaman + 8 tabel + 2 gambar + 5 lampiran

ABSTRAK

Anemia pada ibu hamil merupakan masalah kesehatan masyarakat yang masih sering dijumpai, khususnya di wilayah kerja Puskesmas Kemiling Kota Bandar Lampung. Masalah penelitian ini ada 161 dari 402 ibu hamil yang tercatat di Puskesmas Kemiling mengalami anemia dengan prevalensi sebesar 40%. Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi, kepatuhan konsumsi tablet Fe, dan usia dengan kejadian anemia pada ibu hamil.

Penelitian ini merupakan penelitian kuantitatif dengan pendekatan cross-sectional. Populasi Anemia pada ibu hamil yang tercatat 402 dengan Sampel sebanyak 88 ibu hamil diambil menggunakan teknik accidental sampling. Data dikumpulkan menggunakan wawancara, pemeriksaan kadar hemoglobin dengan alat digital, dan pengukuran lingkaran lengan atas (LiLA). Analisis dilakukan secara univariat dan bivariat menggunakan uji chi-square.

Hasil univariat menunjukkan 33% ibu hamil mengalami anemia, 12,5% memiliki status gizi kurang (LiLA <23,5 cm), 36% tidak patuh konsumsi tablet Fe, dan 33% berada pada usia risiko (<20 tahun atau >35 tahun). Hasil uji bivariat menunjukkan ada hubungan yang signifikan antara status gizi ($p=0,000$), kepatuhan konsumsi tablet Fe ($p=0,000$), dan usia ibu ($p=0,000$) dengan kejadian anemia.

Kesimpulan, agar kejadian anemia dapat ditekan, petugas kesehatan perlu melakukan edukasi dan pemantauan kepada ibu hamil sejak awal kehamilan, baik di posyandu maupun kunjungan rumah, karena anemia berdampak serius pada ibu dan janin. Hal ini dapat dilakukan dengan cara peningkatan pemberian informasi gizi, pendampingan konsumsi tablet Fe, serta skrining rutin terhadap ibu usia risiko dan status gizi kurang.

Saran untuk petugas kesehatan agar meningkatkan intensitas edukasi gizi dan kepatuhan mengonsumsi tablet Fe.

Kata Kunci: Anemia, Ibu Hamil, Status Gizi, Tablet Fe, Usia

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HEALTH POLYTECHNIC OF TANJUNGKARANG MIDWIFERY DEPARTMENT

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Factors Associated with the Incidence of Anemia in Pregnant Women in the Working Area of Kemiling Health Center, Bandar Lampung

xiv + 49 pages + 8 tables + 2 figures + 5 appendices

ABSTRACT

Anemia in pregnant women remains a prevalent public health issue, particularly in the working area of Puskesmas Kemiling, Bandar Lampung City. In this study, 161 out of 402 recorded pregnant women at Puskesmas Kemiling were found to have anemia, with a prevalence rate of 40%. This study aims to determine the relationship between nutritional status, adherence to iron tablet (Fe) consumption, and maternal age with the incidence of anemia in pregnant women.

This research is a quantitative study using a cross-sectional approach. The population included all 402 pregnant women recorded at Puskesmas Kemiling, with a sample of 88 pregnant women selected using accidental sampling. Data were collected through interviews, hemoglobin level examinations using a digital device, and measurement of mid-upper arm circumference (MUAC). The data were analyzed using univariate and bivariate analyses with the chi-square test.

The univariate results showed that 33% of the pregnant women had anemia, 12.5% had poor nutritional status (MUAC < 23.5 cm), 36% were non-adherent to iron tablet consumption, and 33% were in a high-risk age group (<20 or >35 years). The bivariate analysis showed a significant relationship between nutritional status ($p = 0.000$), adherence to iron tablet consumption ($p = 0.000$), and maternal age ($p = 0.000$) with the incidence of anemia.

In conclusion, to reduce the incidence of anemia, health workers must provide early education and monitoring to pregnant women, both at posyandu (integrated health posts) and through home visits, as anemia poses serious risks to both mother and fetus. This can be achieved by enhancing nutritional counseling, supporting iron tablet intake, and routinely screening women with high-risk age and poor nutritional status.

It is recommended that health workers increase the frequency and quality of education related to nutrition and adherence to iron tablet consumption among pregnant women.

Keywords: *Anemia, Pregnant Women, Nutritional Status, Iron Tablets, Age*

References: *32 (2014–2024)*