

**JURUSAN KEBIDANAN POLITEKNIK KESEHATAN KEMENKES
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Sari Kenangan

**Gambaran Kejadian Anemia pada Ibu Hamil di Puskesmas Kedaton Bandar
Lampung**

xvii + 49 halaman, 7 tabel, 2 gambar, 5 lampiran

ABSTRAK

Anemia pada ibu hamil merupakan masalah kesehatan global yang berkontribusi terhadap tingginya angka kesakitan dan kematian ibu serta berdampak negatif pada janin. Di Indonesia, prevalensi anemia pada ibu hamil masih tinggi, termasuk di Provinsi Lampung. Data tahun 2023 dari Puskesmas Kedaton menunjukkan bahwa 51% ibu hamil mengalami anemia, meskipun cakupan pemberian tablet zat besi cukup tinggi.

Penelitian ini bertujuan untuk mengetahui gambaran kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Kedaton Kota Bandar Lampung tahun 2025.

Penelitian ini merupakan penelitian kuantitatif deskriptif dengan pendekatan retrospektif. Sampel berjumlah 99 ibu hamil yang mengalami anemia, diambil dengan teknik total sampling. Data dikumpulkan melalui dokumentasi dan dianalisis secara univariat dengan menggunakan distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan bahwa prevalensi anemia pada ibu hamil sebesar 37,37%. Sebanyak 24,24% ibu hamil termasuk dalam kelompok umur berisiko yaitu kurang dari 20 tahun dan lebih dari 35 tahun, Sebanyak 74,74% ibu hamil memiliki tingkat pendidikan yang tinggi (SMA hingga perguruan tinggi). Sebanyak 30,30% memiliki riwayat KEK. Hampir sebagian ibu sebanyak 43,43% paritas berisiko <3 orang. Lebih dari separuh ibu sebanyak 64,65% memiliki jarak kehamilan berisiko (≤ 2 tahun).

Kesimpulan dari penelitian ini diperoleh hasil bahwa hampir sebagian ibu hamil mengalami anemia, termasuk dalam kelompok umur berisiko (<20 tahun dan >35 tahun). Mayoritas ibu hamil berpendidikan tinggi, hampir sebagian ibu hamil KEK juga paritas berisiko dan mayoritas ibu memiliki jarak kehamilan berisiko. Saran dari penelitian ini adalah perlu adanya peningkatan edukasi gizi dan kepatuhan konsumsi tablet Fe melalui penyuluhan yang intensif dan pemantauan secara berkala oleh tenaga kesehatan, serta keterlibatan keluarga dalam mendukung kesehatan ibu hamil.

Kata kunci: Anemia, Ibu Hamil, Kehamilan.
Daftar Bacaan 45 (2016-2024)

KEMENKES TANJUNGPUR HEALTH POLYTECHNIC
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Overview of the Incidence of Anemia in Pregnant Women at Puskesmas Kedaton Bandar Lampung

xvii + 49 pages, 7 tables, 2 figures, 5 attachments

ABSTRACT

Anemia in pregnant women is a global health problem that contributes to high maternal morbidity and mortality rates and negatively affects the fetus. In Indonesia, the prevalence of anemia in pregnant women is still high, including in Lampung Province. Data in 2023 from Puskesmas Kedaton showed that 51% of pregnant women experienced anemia, despite the high coverage of iron tablets.

This study aims to determine the incidence of anemia in pregnant women in the Kedaton Health Center working area of Bandar Lampung City in 2025.

This study is a descriptive quantitative study with a retrospective approach. The sample amounted to 99 pregnant women who experienced anemia, taken with total sampling technique. Data were collected through documentation and analyzed univariately using frequency distribution and percentage.

The results showed that the prevalence of anemia in pregnant women was 37.37%. As many as 24.24% of pregnant women are included in the risk age group, namely less than 20 years and more than 35 years, 74.74% of pregnant women have a high level of education (high school to college). A total of 30.30% had a history of SEZ. Almost half of the mothers as much as 43.43% of parities were at risk <3 people. More than half of the mothers as much as 64.65% had a risky pregnancy distance (≤ 2 years).

The conclusion of this study obtained the results that almost most pregnant women experienced anemia, including in the at-risk age group (<20 years and >35 years). The majority of pregnant women were highly educated, almost all women with SEZ were also at-risk parity and the majority of women had at-risk pregnancy spacing. Therefore, it is necessary to improve nutrition education and compliance with Fe tablet consumption through intensive counseling and regular monitoring by health workers, as well as family involvement in supporting the health of pregnant women.

Keywords: Anemia, Pregnant Women, Pregnancy.

Reading list: 45 (2016-2024)