

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN

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Determinan Kejadian Anemia pada Ibu Postpartum di Wilayah Kerja Puskesmas Labuhan Ratu Tahun 2025

xvi + 68 halaman, 9 tabel, 2 gambar dan 8 lampiran

ABSTRAK

Anemia merupakan masalah kesehatan global terutama di negara berkembang dengan prevalensi berkisar 50-80%. Penelitian ini bertujuan untuk mengidentifikasi faktor-faktor yang berhubungan dengan kejadian anemia postpartum di wilayah kerja Puskesmas Labuhan Ratu Tahun 2025. Anemia postpartum merupakan masalah kesehatan masyarakat yang signifikan dan sering terjadi pada ibu setelah melahirkan dan menyebabkan dampak negatif pada kesehatan ibu dan bayi. Berdasarkan data awal yang diperoleh dari Puskesmas Labuhan Ratu Bandar Lampung pada bulan Agustus 2024, ditemukan bahwa 2 dari 7 ibu postpartum mengalami anemia. Tujuan umum penelitian ini untuk memahami faktor-faktor yang berkontribusi terhadap kondisi tersebut di wilayah ini.

Desain penelitian ini adalah analitik dengan menggunakan pendekatan *cross sectional*. Sampel penelitian ini adalah total populasi sebanyak 70 ibu postpartum. Data yang digunakan data primer dengan pemeriksaan Hemoglobin dan data sekunder pada riwayat buku KIA. Uji analisis menggunakan uji univariat dan bivariat.

Berdasarkan hasil penelitian diperoleh distribusi frekuensi kejadian anemia postpartum di wilayah kerja Puskesmas Labuhan Ratu Tahun 2025 sebesar 48,6%, mayoritas tidak mengalami anemia pada kehamilan sebesar 65,7%, mayoritas multipara sebesar 72,9%, mayoritas berusia 20-35 sebesar 64,3%, mayoritas mengalami persalinan pervaginam sebesar 78,6%, mayoritas tidak berisiko dalam lama persalinan sebesar 80%. Berdasarkan hasil *chi square* ditemukan nilai *p-value* anemia kehamilan ($p = 0,000$), paritas ($p = 0,884$), umur ($p = 0,412$), jenis persalinan ($p = 0,647$), lama persalinan ($p = 0,005$), dan berat lahir bayi ($p = 1,000$).

Kesimpulan dari penelitian ini yaitu terdapat hubungan antara anemia kehamilan dan lama persalinan dengan kejadian anemia pada ibu postpartum, dan tidak terdapat hubungan antara paritas, umur, jenis persalinan, dan berat lahir bayi dengan kejadian anemia pada ibu postpartum. Saran bagi tenaga kesehatan diharapkan melakukan deteksi dini terhadap ibu dengan faktor anemia postpartum untuk menurunkan angka kejadian anemia postpartum.

Kata kunci : Anemia, berat lahir bayi, jenis persalinan, kehamilan, lama persalinan, paritas, postpartum, umur.

Daftar Bacaan : 20 (2015-2024)

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Determinants of Anemia Incidence in Postpartum Mothers in the Labuhan Ratu Health Center Working Area in 2025

xvi + 68 pages, 9 tables, 2 images and 8 attachments

ABSTRACT

Anemia is a global health problem, especially in developing countries, with a prevalence ranging from 50-80%. This study aims to identify factors associated with the incidence of postpartum anemia in the Labuhan Ratu Community Health Center (Puskesmas) working area in 2025. Postpartum anemia is a significant public health problem and often occurs in mothers after childbirth and causes negative impacts on maternal and infant health. Based on preliminary data obtained from the Labuhan Ratu Community Health Center in Bandar Lampung in August 2024, it was found that 2 out of 7 postpartum mothers experienced anemia. The general objective of this study is to understand the factors contributing to this condition in this region..

This research design was analytical using a cross-sectional approach. The sample consisted of 70 postpartum mothers. Primary data were collected from hemoglobin examinations and secondary data were obtained from maternal and child health records (KIA). Univariate and bivariate tests were used for analysis..

Based on the results of the study, the distribution of the frequency of postpartum anemia in the Labuhan Ratu Community Health Center working area in 2025 was 48.6%, the majority did not experience anemia during pregnancy at 65.7%, the majority were multiparous at 72.9%, the majority were aged 20-35 at 64.3%, the majority experienced vaginal delivery at 78.6%, the majority were not at risk in the length of labor at 80%. Based on the results of the chi square, the p-value of anemia in pregnancy was found ($p = 0.000$), parity ($p = 0.884$), age ($p = 0.412$), type of labor ($p = 0.647$), length of labor ($p = 0.005$), and birth weight of the baby ($p = 1,000$)

The conclusion of this study is that there is a relationship between anemia during pregnancy and the duration of labor with the incidence of anemia in postpartum mothers, and there is no relationship between parity, age, type of delivery, and birth weight of the baby with the incidence of anemia in postpartum mothers. It is recommended that health workers conduct early detection of mothers with postpartum anemia factors to reduce the incidence of postpartum anemia.

Keywords : Anemia, birth weight, type of delivery, pregnancy, length of delivery, parity, postpartum, age.

Reading List : 20 (2015-2024)