

## ABSTRACT

### RELATIONSHIP BETWEEN IRON AND PROTEIN SUBSTANCES WITH IRON DEFICIENCY ANEMIA IN PREGNANT WOMEN IN BANDAR LAMPUNG

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**Background:** In Indonesia, around of 23.9% women have anemia, and 37.1% of them are pregnant women. Pregnant women who have anemia will increase the risk of low birth-weight newborns, bleeding, and hypertension during pregnancy. The objective of this research is to determine whether there is a relationship between the intake of iron and protein with Anemia in pregnant women in the city of Bandar Lampung.

**Method:** This was analytic observational study, cross sectional using primary data by measuring hemoglobin levels and also the SQFFQ questionnaire. Sampling was conducted at seven community health centers (puskesmas) in the city of Bandar Lampung in 2018. Sampling was done using purposive sampling cluster technique with a sample of 70 samples that met the inclusion criteria and exclusion criteria. Data analysis using Chi Square with  $\alpha = 0.05$

**Results:** The results of the study were there was 45% of pregnant women have excess protein intake, 45.7% of pregnant women have less iron intake, and 54.3% of pregnant women in Bandar Lampung have anemia. There is significant relationship between iron intake and anemia status in pregnant women with a value of  $\alpha = 0.030$ . There was no significant relationship between protein intake and anemia status in pregnant women in Bandar Lampung city with a value of  $\alpha = 0.134$ .

**Conclusion:** There is significant relationship between iron intake and anemia status in pregnant women in Bandar Lampung city.

**Keywords:** Anemia, Iron Intake, Pregnant Women, Protein Intake

## ABSTRAK

### HUBUNGAN ASUPAN ZAT BESI DAN PROTEIN DENGAN ANEMIA DEFISIENSI BESI PADA IBU HAMIL DI KOTA BANDAR LAMPUNG

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**Latar Belakang:** Sekitar 23,9% wanita di Indonesia mengalami anemia, 37,1% diantaranya merupakan ibu hamil. Ibu hamil yang anemia akan meningkatkan risiko BBLR, perdarahan, dan hipertensi pada saat kehamilan. Penelitian ini bertujuan untuk melihat hubungan antara asupan zat besi dan protein dengan anemia defisiensi besi pada ibu hamil di Kota Bandar Lampung.

**Metode:** Penelitian ini merupakan observasional analitik dengan pendekatan *cross sectional*, menggunakan data primer dengan mengukur kadar haemoglobin dan kuesioner SQFFQ. Penelitian dilakukan di tujuh puskesmas di Bandar Lampung pada tahun 2018. Pengambilan sampel dengan menggunakan teknik *purposive sampling*, jumlah sampel sebanyak 70 sampel. Analisis data menggunakan *Chi Square* dengan  $\alpha=0,05$

**Hasil:** Hasil penelitian ini menunjukkan bahwa sebanyak 45% ibu hamil memiliki asupan protein berlebih, 45,7% ibu hamil memiliki asupan zat besi kurang, dan 54,3% ibu hamil di Kota Bandar Lampung mengalami anemia. Terdapat hubungan yang signifikan antara asupan zat besi dengan status anemia pada ibu hamil di kota Bandar Lampung dengan nilai  $\alpha=0,030$ . Namun, tidak terdapat hubungan yang signifikan antara asupan protein dengan status anemia pada ibu hamil di kota Bandar Lampung dengan nilai  $\alpha=0,134$ ,

**Simpulan:** Terdapat hubungan antara asupan zat besi dengan anemia pada ibu hamil di Kota Bandar Lampung

**Kata kunci:** Anemia, Asupan Protein, Asupan Zat Besi, Ibu Hamil