

ABSTRACT

THE RELATIONSHIP OF MOTHER'S CHARACTERISTICS, NUTRITIONAL KNOWLEDGE, IRON INTAKE, AND NUTRITIONAL SUPPLEMENTATION WITH THE INCIDENT OF ANEMIA IN PREGNANT WOMEN IN BANDAR LAMPUNG CITY

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Background: In Lampung province, Bandar Lampung City has a high prevalence of anemia in pregnant women, reaching 10.07% or around 1,975 people. This study aims to examine the relationship between maternal characteristics, nutritional knowledge, iron intake, and nutritional supplementation with the incidence of anemia in pregnant women in Bandar Lampung City.

Method: This research uses an observational analytical method with a cross sectional approach. Secondary data is to look at hemoglobin levels and primary data is in the form of an identity sheet questionnaire, nutritional knowledge, SQFFQ, as well as attitudes and consumption of blood supplement tablets (TTD) in pregnant women in Bandar Lampung City. A sample of 97 mothers was selected proportionally at random, then analyzed using Chi Square with $\alpha=0.05$.

Results: The prevalence of anemia in pregnant women in Bandar Lampung City was 51.5%. There are significant relationship between education, family income, nutritional knowledge, iron intake, attitudes, and adherence to TTD consumption are related to the incidence of anemia ($p = 0.001$). However, there was no significant relationship between maternal age and the incidence of anemia ($p = 0.615$).

Conclusion: There is a relationship between education, family income, nutritional knowledge, iron intake, attitudes towards TTD consumption, and compliance with TTD consumption and the incidence of anemia in Bandar Lampung City. However, there is no significant relationship between maternal age and the incidence of anemia in pregnant women in Bandar Lampung City.

Keywords: Anemia, iron intake, knowledge, maternal characteristics, nutritional supplementation

ABSTRAK

HUBUNGAN KARAKTERISTIK IBU, PENGETAHUAN GIZI, ASUPAN ZAT BESI, DAN SUPLEMENTASI GIZI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI KOTA BANDAR LAMPUNG

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Latar Belakang: Di provinsi Lampung, Kota Bandar Lampung memiliki prevalensi anemia ibu hamil yang tinggi, mencapai 10,07% atau sekitar 1.975 orang. Penelitian ini bertujuan untuk melihat hubungan antara karakteristik ibu, pengetahuan gizi, asupan zat besi, dan suplementasi gizi dengan kejadian anemia pada ibu hamil di Kota Bandar Lampung.

Metode: Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross sectional*. Data sekunder untuk melihat kadar hemoglobin dan data primer berupa kuesioner lembar identitas, pengetahuan gizi, SQFFQ, serta sikap dan konsumsi tablet tambah darah (TTD) pada ibu hamil di Kota Bandar Lampung. Sampel sebanyak 97 ibu dipilih secara proporsional acak, lalu dianalisis menggunakan *Chi Square* dengan $\alpha=0,05$.

Hasil: Prevalensi anemia ibu hamil di Kota Bandar Lampung sebesar 10,07%. Terdapat hubungan antara pendidikan, pendapatan keluarga, pengetahuan gizi, asupan zat besi, sikap, dan kepatuhan konsumsi TTD dengan kejadian anemia ($p = 0,001$). Namun, tidak ada hubungan yang signifikan antara usia ibu dengan kejadian anemia ($p = 0,615$).

Simpulan: Terdapat hubungan antara pendidikan, pendapatan keluarga, pengetahuan gizi, asupan zat besi, sikap konsumsi TTD, dan kepatuhan konsumsi TTD dengan kejadian anemia di Kota Bandar Lampung. Namun, tidak terdapat hubungan yang signifikan antara usia ibu dengan kejadian anemia ibu hamil di Kota Bandar Lampung.

Kata Kunci: Anemia, asupan zat besi, karakteristik ibu, pengetahuan, suplementasi gizi