

ABSTRAK

FAKTOR DETERMINAN YANG BERHUBUNGAN DENGAN STATUS KEJADIAN ANEMIA PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS KAMPUNG SAWAH BANDAR LAMPUNG

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Anemia pada ibu hamil masih menjadi masalah kesehatan masyarakat yang penting di Indonesia dan meningkatkan risiko morbiditas dan mortalitas ibu maupun bayi. Banyak faktor yang memengaruhi kejadian anemia pada ibu hamil, seperti determinan sosial, kondisi kehamilan, kepatuhan Antenatal Care (ANC), kepatuhan minum tablet Fe serta status gizi. Penelitian ini bertujuan untuk menganalisis determinan yang berhubungan dengan status kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Kampung Sawah Bandar Lampung.

Penelitian ini menggunakan desain case control. Sampel terdiri dari 66 ibu hamil (33 anemia dan 33 tidak anemia) yang dipilih secara proposional sampling. Data dikumpulkan melalui kuesioner, *foodrecall* 2x24 jam, pemeriksaan status gizi (LILA dan IMT) dan pemeriksaan kadar haemoglobin. Analisis data dilakukan dengan univariat, bivariat (uji *Chi-square*) dan multivariat regresi logistik

Hasil penelitian menunjukkan usia, pendidikan, pendapatan keluarga, pekerjaan, kepatuhan kunjungan ANC kepatuhan konsumsi tablet Fe, paritas, jarak kehamilan, status gizi (KEK dan IMT/umur), pengetahuan gizi, serta asupan energi, protein, dan lemak secara signifikan ($p\text{-value} < 0,05$) berhubungan dengan status kejadian anemia, sedangkan asupan karbohidrat ($p\text{-value} 0,097$) tidak menunjukkan hubungan yang signifikan. Uji regresi logistik mendapatkan variabel usia ibu sebagai faktor yang paling dominan terhadap status kejadian anemia pada ibu hamil.

Terdapat hubungan antara usia, pendidikan, pendapatan keluarga, pekerjaan, kepatuhan konsumsi tablet Fe, paritas, jarak kehamilan, status gizi (KEK dan IMT/umur), pengetahuan gizi, serta asupan energi, protein, dan lemak dengan status kejadian anemia, sedangkan kepatuhan kunjungan ANC dan asupan karbohidrat tidak ada hubungan yang signifikan. Faktor yang paling dominan adalah usia ibu.

Kata Kunci: anemia, ibu hamil, gizi, tablet Fe

ABSTRACT

DETERMINANT FACTORS ASSOCIATED WITH THE STATUS OF ANEMIA IN PREGNANT WOMEN IN THE WORKING AREA OF KAMPUNG SAWAH PUBLIC HEALTH CENTER, BANDAR LAMPUNG

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Anemia in pregnant women remains a significant public health issue in Indonesia, contributing to increased risks of maternal and infant morbidity and mortality. Numerous factors influence the incidence of anemia among pregnant women, including social determinants, pregnancy conditions, adherence to Antenatal Care (ANC), compliance with iron tablet (Fe) supplementation, and nutritional status. This study aims to analyze the determinants associated with the anemia status among pregnant women in the working area of Puskesmas Kampung Sawah, Bandar Lampung.

This research employed a case-control study design. The sample consisted of 66 pregnant women (33 with anemia and 33 without anemia), selected through proportional sampling. Data were collected using questionnaires, 2x24-hour food recall, nutritional status assessments (MUAC and BMI-for-age), and hemoglobin level examinations. Data analysis was conducted using univariate, bivariate (Chi-square test), and multivariate logistic regression analyses.

The results showed that maternal age, education level, household income, occupation, compliance with ANC visits, adherence to Fe tablet consumption, parity, pregnancy spacing, nutritional status (chronic energy deficiency and BMI-for-age), nutrition knowledge, as well as intake of energy, protein, and fat were significantly associated with anemia status (p -value < 0.05). However, carbohydrate intake (p -value = 0.097) was not significantly associated. Logistic regression analysis identified maternal age as the most dominant factor influencing anemia status among pregnant women.

In conclusion, there is a significant association between maternal age, education, household income, occupation, adherence to Fe tablet consumption, parity, pregnancy spacing, nutritional status (chronic energy deficiency and BMI-for-age), nutrition knowledge, and intake of energy, protein, and fat with anemia status. In contrast, compliance with ANC visits and carbohydrate intake did not show a significant association. Maternal age was found to be the most dominant factor.

Keywords: anemia, pregnant women, nutrition, iron-folic acid supplementation