

ABSTRAK

“FAKTOR PENYEBAB TERJADINYA ANEMIA PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS PUCANG SEWU SURABAYA”

Angka Kematian Ibu (AKI) banyak disebabkan oleh preeklamsi/eklamsi diikuti oleh perdarahan, komplikasi non obstetrik, infeksi dan penyebab lain. Berdasarkan beberapa penyebab tersebut, salah satu yang sering terjadi adalah perdarahan. Perdarahan merupakan salah satu penyebab dari Anemia. Anemia sendiri masih menjadi masalah kesehatan yang sulit ditangani karena berbagai faktor penyebab, salah satunya disebabkan karena kurangnya konsumsi tablet besi (Fe) atau biasa disebut anemia gizi besi. Tujuan dari penelitian ini adalah untuk mengetahui faktor penyebab terjadinya anemia pada ibu hamil di wilayah kerja Puskesmas Pucang Sewu Surabaya khususnya faktor sosial ekonomi, paritas, status gizi dan ketaatan mengonsumsi tablet Fe.

Penelitian ini menggunakan metode penelitian deskriptif. Populasi penelitian ini adalah seluruh ibu hamil yang mengalami anemia di Puskesmas Pucang Sewu Surabaya sebanyak 42 orang. Sampel dalam penelitian ini adalah ibu hamil yang mengalami anemia yang dapat membaca, mendengar dan berbicara yang berada di wilayah kerja Puskesmas Pucang Sewu Surabaya sebanyak 30 orang. Teknik pengambilan data ini menggunakan teknik *simple random sampling*. Pengumpulan data dengan cara wawancara dan pengisian kuesioner.

Hasil penelitian ini menunjukkan bahwa sebagian besar (53,3%) ibu hamil yang mengalami anemia pendapatan keluarganya >Rp.3.500.000, hampir seluruhnya (80%) ibu hamil yang mengalami anemia kehamilannya ≤ 2 kali, sebagian besar ibu hamil yang mengalami anemia (53,3%) penambahan berat badan ibu kurang, dan hampir seluruhnya (83,3%) ibu hamil yang mengalami anemia mengonsumsi < 90 butir tablet Fe.

Ibu hamil dengan anemia diharapkan meningkatkan asupan nutrisi yang baik dengan pola makan yang teratur, pemilihan makanan yang tinggi akan kandungan zat besi (Fe). Mengonsumsi secara rutin tablet Fe sebanyak ≥ 90 tablet Fe sejak trimester I, serta melakukan pemeriksaan *antenatal care* (ANC) secara teratur selama masa kehamilan.

Kata Kunci : anemia ibu hamil, status sosial ekonomi, paritas, status gizi, ketaatan mengonsumsi tablet Fe

ABSTRACT

“FACTORS THAT CAUSED ANEMIA IN PREGNANT WOMEN IN THE WORKING AREA OF PUCANG SEWU HEALTH CENTER, SURABAYA”

The Maternal Mortality Rate (AKI) is mostly caused by preeclampsia/eclampsia followed by bleeding, non-obstructive complications, infection and other causes. Based on these several causes, one that often occurs is bleeding. Bleeding is one of the causes of anemia. Anemia itself is still a health problem that is difficult to treat due to various factors, one of which is due to the lack of consumption of iron tablets (Fe) or commonly called iron nutritional anemia. The purpose of this study was to determine the factors that caused anemia in pregnant women in the working area of Pucang Sewu Health Center, Surabaya, especially socio-economic factors, parity, nutritional status and compliance with Fe tablets.

This research used a descriptive research method. The population of this study were 42 pregnant women with anemia at Pucang Sewu Health Center, Surabaya. The sample in this study were 30 pregnant women who had anemia who can read, hear and speak who are in the working area of Pucang Sewu Health Center, Surabaya. This data collection technique used a simple random sampling technique. Collecting data by means of interviews and filling out questionnaires.

The results of this study indicated that the majority (53.3%) of pregnant women who had anemia, their family income is >Rp. 3,500,000, almost all (80%) of pregnant women who experienced anemia had ≤ 2 times of pregnancy, most of them had anemia. (53.3%) the mother's weight gain was less, and almost all (83.3%) pregnant women with anemia consumed <90 tablets of Fe.

Pregnant women with anemia are expected to increase their good nutritional intake with a regular diet, choosing foods that are high in iron (Fe). Regularly consuming Fe tablets as much as ≥ 90 Fe tablets since the first trimester, as well as doing regular antenatal care (ANC) checks during pregnancy.

Keywords: anemia of pregnant women, socioeconomic status, parity, nutritional status, adherence to consuming Fe tablets