

HUBUNGAN TINGKAT PENGETAHUAN IBU HAMIL DAN POLA KONSUMSI MAKANAN KAYA FE TERHADAP KEJADIAN ANEMIA GIZI DI WILAYAH KERJA PUSKESMAS SANANWETAN KOTA BLITAR

(Studi Kualitatif di Wilayah Kerja Puskesmas Sananwetan, Kota Blitar)

ABSTRAK

Prevalensi kejadian anemia ibu hamil di Kota Blitar masih tinggi yaitu sebesar 70,39%. Salah satu penyebab dari kejadian anemia pada ibu hamil yaitu tingkat pengetahuan yang rendah dan tingkat konsumsi makanan kaya Fe yang masih kurang.

Tujuan penelitian ini adalah mengidentifikasi hubungan tingkat pengetahuan ibu hamil dan pola konsumsi makanan kaya Fe terhadap kejadian anemia gizi di wilayah kerja Puskesmas Sananwetan Kota Blitar.

Jenis penelitian ini adalah deskriptif korelasi dengan metode *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu hamil yang berada di wilayah kerja Puskesmas Sananwetan Kota Blitar, dengan sampel sebanyak 40 orang ibu hamil yang diambil dengan teknik *simple random sampling*.

Berdasarkan dari hasil penelitian diketahui sebanyak 23 orang (57.5%) ibu hamil mengalami anemia. Sedangkan sebanyak 17 orang (42.5%) ibu hamil tidak mengalami anemia. Tingkat pengetahuan ibu hamil kategori tinggi sebanyak 1 orang (2.5%), kategori sedang sebanyak 16 orang (40%) dan kategori rendah sebanyak 23 orang (57.5%). Tingkat konsumsi makanan kaya Fe kategori baik sebanyak 5 orang (12.5%), kategori defisit ringan sebanyak 1 orang (2.5%), kategori defisit sedang sebanyak 6 orang (15%) dan kategori defisit berat sebanyak 28 orang (70%).

Dari hasil uji statistik *Spearman* diketahui bahwa terdapat hubungan antara tingkat pengetahuan dengan kejadian anemia ($\text{sign}=0.00 < \alpha=0.05$) dan tingkat konsumsi makanan kaya Fe terhadap kejadian anemia ($\text{sign}=0.00 < \alpha=0.05$).

Ada hubungan antara tingkat pengetahuan dan tingkat konsumsi makanan kaya Fe terhadap kejadian anemia ibu hamil. Oleh karena itu diharapkan kepada petugas kesehatan untuk lebih meningkatkan penyuluhan kepada ibu-ibu hamil mengenai pentingnya gizi seimbang untuk ibu dan janin.

Kata kunci : *Tingkat Pengetahuan, Tingkat Konsumsi Makanan Kaya Fe, Anemia Ibu Hamil*

**RELATIONSHIPS PREGNANCY KNOWLEDGE LEVEL AND PATTERN OF
CONSUMPTION OF FOODS RICH FE FOR GENESIS NUTRITIONAL
ANEMIA IN THE WORKING AREA OF HEALTH SANANWETAN CENTER
AT BLITAR**

(Qualitative Study in the working area of health Sananwetan Center at Blitar)

ABSTRACT

Prevalence of anemia in pregnant women at Blitar that still high at 70.39%. One causes of anemia in pregnant women is a low level of knowledge and level of consumption of foods rich in Fe that still lacking.

The purpose of this researching is for identify the correlation between maternal knowledge and Fe-rich food consumption patterns on the incidence of nutritional anemia in Puskesmas Sananwetan Blitar.

This research is a descriptive cross-sectional correlation method. The population in this research was all pregnant women who they are in the working area of Sananwetan health center at Blitar, with a sample of 40 pregnant women were taken by simple random sampling technique.

Based on the results of research was known as many as 23 people (57.5%) of pregnant women are anemic. While as many as 17 people (42.5%) non-anemic of pregnant women. The level of knowledge of pregnant women as a high category 1 people (2.5%), the categories were as many as 16 (40%) and low categories as many as 23 people (57.5%). The level of consumption of foods rich in Fe either category by 5 people (12.5%), mild deficits as category 1 people (2.5%), the deficit was as much as 6 categories of people (15%) and severe deficit category as 28 people (70%).

From the results of the Spearman statistical test is known that there is a relationship between the level of knowledge of the incidence of anemia ($\text{sign} = 0.00 < \alpha = 0.05$), and the rate of Fe-rich food consumption on the incidence of anemia ($\text{sign} = 0.00 < \alpha = 0.05$ level).

There is a relationship between the level of knowledge and level of Fe-rich food consumption on the incidence of maternal anemia. Therefore, it is expected to further improve the health officer for counseling to expectant mothers about the importance of balanced nutrition for mother and fetus.

Keywords: Knowledge Level, Food Consumption Rich Fe, Maternal Anemia