

HUBUNGAN TINGKAT PENGETAHUAN IBU HAMIL TENTANG ANEMIA DENGAN KEJADIAN ANEMIA DI WILAYAH KERJA PUSKESMAS MOROPELANG KABUPATEN LAMONGAN

ABSTRAK

Latar Belakang: Anemia merupakan salah satu masalah gizi yang terjadi pada ibu hamil. Ibu hamil yang menderita anemia memiliki kadar Hb kurang dari 11 g/dL. Dampak anemia pada ibu hamil bukan hanya mengenai ibu sendiri, tetapi berdampak juga terhadap kehamilannya. Berdasarkan data kunjungan ibu hamil yang tercatat di poli Kesehatan Ibu dan Anak pada tahun 2018 sebesar 45,43% yaitu 179 dari 394 ibu hamil memiliki kadar hemoglobin (Hb) kurang dari 11 g/dL.

Tujuan: Untuk menganalisis hubungan tingkat pengetahuan ibu hamil tentang anemia dengan kejadian anemia di wilayah kerja Puskesmas Moropelang Kabupaten Lamongan.

Metode: Metode yang digunakan adalah jenis penelitian *observasional analitik* dengan menggunakan desain penelitian *cross sectional study*. Sampel yang digunakan sebanyak 52 orang dengan menggunakan teknik *simple random sampling*. Metode pengumpulan data karakteristik dan pengetahuan ibu hamil dilakukan dengan cara wawancara menggunakan kuesioner sedangkan data Hemoglobin ibu hamil diperoleh dari daftar kunjungan ibu hamil dan menggunakan uji statistik *Spearman test*.

Hasil: Penelitian ini menunjukkan bahwa tingkat pengetahuan ibu hamil sebagian dalam kategori kurang sebanyak 23 responden (44,2%), sebagian ibu hamil mengalami anemia sebanyak 28 responden (53,8%) dan ada hubungan tingkat pengetahuan ibu hamil tentang anemia dengan kejadian anemia dengan hasil uji statistik didapatkan nilai $p\text{-value} = 0,000$, $p(0,000) < \alpha(0,05)$.

Kesimpulan: Ada hubungan tingkat pengetahuan ibu hamil tentang anemia dengan kejadian anemia di wilayah kerja Puskesmas Moropelang Kabupaten Lamongan.

Saran: Perlu upaya peningkatan dalam promosi kesehatan tentang anemia agar meningkatkan pengetahuan ibu hamil.

Kata kunci : *Tingkat Pengetahuan, ibu hamil dan anemia*

RELATIONSHIP BETWEEN PREGNANT WOMEN LEVEL ABOUT ANEMIA AND THE EVENT OF ANEMIA IN THE MOROPELANG PUBLIC HEALTH AREA OF LAMONGAN DISTRICT

ABSTRACT

Background: Anemia is one of the nutritional problems that occur in pregnant women. Pregnant women who suffer from anemia have Hb levels less than 11 g / dL. The impact of anemia on pregnant women is not only about the mother herself, but also affects the pregnancy. Based on data from visits of pregnant women recorded in the Polyclinic Maternal and Child Health in 2018 of 45.43%, 179 of the 394 pregnant women had hemoglobin (Hb) levels of less than 11 g / dL.

Purpose: To analyze the relationship between the level of knowledge of pregnant women about anemia and the incidence of anemia in the working area of Moropelang Health Center, Lamongan Regency.

Method: The method used is a type of observational analytic study using a cross sectional study design. The sample used was 52 people using simple random sampling technique. Method of collecting data on characteristics and knowledge of pregnant women is done by interview using a questionnaire while Hemoglobin data for pregnant women is obtained from a list of visits of pregnant women and using the Spearman test statistical test.

Results: This study shows that the level of knowledge of pregnant women is partly in the category of lacking as many as 23 respondents (44.2%), some pregnant women have anemia as many as 28 respondents (53.8%) and there is a relationship between the level of knowledge of pregnant women about anemia with the incidence of anemia the statistical test results obtained $p\text{-value} = 0,000, p(0,000) < \alpha(0,05)$.

Conclusion: There is a relationship between the level of knowledge of pregnant women about anemia with anemia in the work area of Moropelang Health Center, Lamongan Regency.

Suggestion: It is necessary to increase efforts in health promotion about anemia in order to increase the knowledge of pregnant women.

Keywords: *Knowledge level, pregnant women and anemia*