

GAMBARAN PENGETAHUAN ANEMIA IBU HAMIL DAN ASUPAN ZAT GIZI MAKRO SERTA MIKRO (Fe) DI WILAYAH KERJA PUSKESMAS YOSOMULYO KABUPATEN BANYUWANGI

ABSTRAK

Latar Belakang: Pada tahun 2022 didapatkan data sejumlah 406 ibu hamil dan 21 diantaranya mengalami Anemia (5,17%). Sedangkan pada tahun 2021 berdasarkan data terdapat 325 ibu hamil 17 diantaranya mengalami Anemia (5,23%) dan dapat ditarik kesimpulan jika ditemukan adanya peningkatan prevalensi ibu hamil Anemia pada wilayah kerja Puskesmas Yosomulyo Kabupaten Banyuwangi. Tujuan: Mengetahui Gambarn Pengetahuan Anemia Ibu Hamil Dan Asupan Zat Gizi Makro Serta Mikro (Fe) Di Wilayah Kerja Puskesmas Yosomulyo Kabupaten Banyuwangi. **Metode:** Metode deskriptif merupakan sebuah metode yang diterapkan pada penelitian yang dilakukan ini. Sampel penelitian adalah ibu hamil sejumlah 58 warga. Pengumpulan data yang dilakukan meliputi karakteristik data bersumber dari wawancara berupa pengisian angket dan pengukuran antropometri. **Hasil:** Hasil penelitian ini menggambarkan pengetahuan ibu hamil menjelaskan jika 58 responden seluruhnya mempunyai kategori tingkat cukup (100%), Anemia ibu hamil sejumlah 37 orang (63,8%), dan tidak anemia ibu hamil sejumlah 21 orang (36,2%). asupan energi ibu hamil dominan dalam kategori defisit ringan (58,6%), asupan protein ibu hamil dominan dalam kategori defisit ringan (46,6%), asupan karbohidrat responden dominan dalam kategori defisit ringan (46,6%), asupan Fe ibu hamil dominan dalam kategori defisit ringan (63,8%). **Kesimpulan:** Hasil penelitian ini menjelaskan pengetahuan ibu hamil kategori defisit ringan, asupan energi, protein, karbohidrat, dan asupan Fe ibu hamil dominan dalam kategori cukup. **Saran:** Upaya penanggulangan kekurangan zat gizi selama masa kehamilan bagi ibu hamil yaitu pembiasaan pengkonsumsian beberapa variasi jenis makanan serta diharapkan bagi petugas kesehatan dapat memberikan konseling secara rutin.

Kata Kunci: *Pengetahuan, Ibu hamil anemia, Asupan*

DESCRIPTION OF KNOWLEDGE OF ANEMIA IN PREGNANT WOMEN AND INTAKE OF MACRO AND MICRO NUTRITION (Fe) IN THE WORKING AREA OF YOSOMULYO HEALTH CENTER, BANYUWANGI DISTRICT

ABSTRAC

Background: In 2022, data obtained that 406 pregnant women and 21 of them will experience Anemia (5.17%). Whereas in 2021 data was obtained for a total of 325 pregnant women, 17 of whom had anemia (5.23%) so it can be seen that there was an increase in the prevalence of anemia for pregnant women that occurred in the work area of the Yosomulyo Health Center, Banyuwangi Regency. **Objective:** Understamd the description of anemia knowledge of pregnant women and intake of macro and micro (Fe) nutrients in the work area of the Yosomulyo Health Center, Banyuwangi Regency. **Method:** Descriptive research is the method that ben used in this research. The research sample was 58 pregnant women. Collected data are includes the characteristics of the respondent's data through interviews using questionnaires and anthropometric measurements. **Results:** The results of this study show that the knowledge of pregnant women shows that out of 58 respondents all have sufficient level category (100%), Anemia of pregnant women is 37 people (63.8%), and not anemia of pregnant women is 21 people (36.2%). energy intake of pregnant women is dominant in the mild deficit category (58.6%), protein intake of pregnant women is dominant in the mild deficit category (46.6%), carbohydrate intake of respondents is dominant in the mild deficit category (46.6%), maternal Fe intake is pregnant women are dominant in the mild deficit category (63.8%). **Conclusion:** From this study can be showed that the result is pregnant women's knowledge of the mild decit category, energy intake, protein, carbohdrates, and Fe intake of pregnant women was dominant in the sufficient category. **Suggestion:** Efforts to overcome nutritional deficiencies during pregnancy for pregnant women are getting used to consuming a variety of foods and health worker is being hoped can provide counseling in regular times.

Keywords: *Knowledge, pregnant women with anemia, intake*