

## ABSTRAK

Status gizi ibu sangatlah penting untuk tercapainya kesejahteraan ibu dan janin. Hal tersebut perlu diperhatikan untuk menghindari resiko seperti anemia pada ibu hamil yang dikarenakan konsumsi nutrisi yang kurang atau kehilangan banyak darah pada persalinan sebelumnya. Status gizi dan nutrisi ibu hamil wajib dipenuhi selama kehamilan berlangsung. Tujuan penelitian ini untuk menganalisis hubungan status gizi dengan kejadian anemia pada ibu hamil trimester III di Puskesmas Tanah Kali Kedinding Surabaya

Jenis penelitian survei analitik, dengan desain penelitian cross-sectional. Penelitian dilaksanakan di Puskesmas Tanah Kali Kedinding kota Surabaya pada bulan Maret 2023. Populasi pada penelitian ini adalah Semua Ibu Hamil Trimester III di Puskesmas Tanah Kali Kedinding periode 1 Januari sampai dengan 30 September 2022 sejumlah 164 dengan sampel 116 Ibu hamil dengan cara *purposive sampling*. Variabel independen status gizi (IMT) dan dependen kejadian anemia. Instrumen yang digunakan berdasarkan data sekunder adalah rekam medis. Analisa data menggunakan uji spearman rank dengan  $\alpha = 0,05$ .

Hasil penelitian menunjukkan status gizi (IMT) ibu hamil trimester III hampir setengahnya menunjukkan Obesitas sejumlah 41 (35.3%). Kejadian anemia ibu hamil trimester III sebagian besar menunjukkan tidak anemia sejumlah 87 (75%). Dari Hasil analisis statistik menggunakan uji *spearman rank* menunjukkan nilai  $p = 0,000 < \alpha = 0,05$  artinya terdapat hubungan antara status gizi dengan kejadian anemia pada ibu hamil trimester III.

Disarankan ibu hamil trimester III tetap menjaga kondisi tubuh dengan mengkonsumsi makanan yang bernutrisi untuk mencukupi kebutuhan tubuh dan menghindari kurangnya status gizi dan terjadinya anemia yang bisa berakibat fatal hingga kematian.

**Kata Kunci: Status Gizi, Ibu Hamil, Anemia**

## **ABSTRACT**

*The nutritional status of the mother is very important for achieving the welfare of the mother and fetus. This needs to be considered so as to avoid risks such as anemia in pregnant women due to insufficient consumption of nutrients or losing a lot of blood in previous deliveries. Nutritional status and nutrition of pregnant women must be fulfilled during pregnancy. The purpose of this study was to analyze the relationship between nutritional status and the incidence of anemia in third trimester pregnant women at the Tanah Kali Kedinding Health Center, Surabaya*

*This type of research is analytic survey, with a cross-sectional research design. the research was conducted at the Tanah Kali Kedinding Health Center, Surabaya city in March 2023. The population in this study were all third trimester pregnant women at the Tanah Kali Kedinding Health Center for the period January 1 to September 30 2022, a total of 164 with a sample of 116 pregnant women using purposive sampling. Independent variable of nutritional status (BMI) and dependent on the incidence of anemia. The instrument used based on secondary data is medical records. Data analysis used the Spearman rank test with  $\alpha = 0.05$ .*

*The results showed that almost half of the nutritional status (BMI) of third trimester pregnant women showed obesity, 41 (35.3%). The incidence of anemia in the third trimester of pregnant women mostly showed no anemia of 87 (75%). From the results of statistical analysis using the Spearman rank test showed a value of  $p = 0.000 < \alpha = 0.05$  meaning that there is a relationship between nutritional status and the incidence of anemia in third trimester pregnant women.*

*It is recommended that pregnant women in their third trimester maintain their body condition by consuming nutritious foods to meet their body's needs and avoid a lack of nutritional status and the occurrence of anemia which can be fatal or even death.*

**Keywords: Nutritional Status, Pregnant Women, Anemia**