

## ABSTRAK

Anemia merupakan permasalahan kesehatan masyarakat global yang dapat meningkatkan angka kesakitan serta kematian pada ibu dan bayi. Sesuai standar Kesehatan ibu hamil harus memiliki kadar hb Ibu  $>11$  gr/dl. Dampak yang terjadi pada ibu anemia trimester 1 yaitu abortus, penurunan berat badan dan hyperemesis gravidarum. Tujuan studi kasus untuk menggambarkan faktor risiko, masalah dan penatalaksanaan anemia pada ibu hamil primigravida trimester 1.

Metode studi kasus menggunakan multiple case design, dengan subjek studi kasus dua ibu hamil primigravida trimester 1 yang mengalami anemia ringan, studi kasus dilaksanakan di wilayah kerja Puskesmas Klampis pada bulan April – Mei 2024. Data dikumpulkan dengan wawancara menggunakan kuesioner dan studi dokumentasi dan selanjutnya di analisa menggunakan deskriptif kualitatif

Hasil studi kasus menunjukkan faktor risiko yang mempunyai peranan pada kejadian anemia ringan yaitu status gizi, kecukupan konsumsi tablet Fe, penyakit infeksi, usia, pengetahuan, dan Ekonomi. Masalah yang dirasakan kedua responden yaitu mual dan kelelahan dan penatalaksanaan yang didapatkan yaitu pemberian fe.

Kesimpulan, status gizi, kecukupan konsumsi tablet Fe, penyakit infeksi, usia, ekonomi dan pengetahuan memiliki peranan pada terjadinya anemia, sedangkan masalah yaitu sering kelelahan dan mual, serta penatalaksanaan yaitu pemberian tablet fe serta responden belum mendapatkan konseling mengenai makanan tinggi zat besi dan makanan bergizi seimbang. Saran, upaya mencegah anemia responden harus teratur dalam mengkonsumsi tablet Fe dan diberikan konseling mengenai makanan yang tinggi zat besi dan makanan bergizi seimbang.

Kata kunci: primigravida, anemia, faktor risiko, masalah, penatalaksanaan

## ABSTRACT

*Anemia is a global public health problem that can increase morbidity and mortality rates in mothers and babies. According to health standards, pregnant women must have a mother's HB level >11 gr/dl. The impacts that occur in mothers with anemia in the first trimester are abortion, weight loss and hyperemesis gravidarum. The aim of the case study is to describe the risk factors, problems and management of anemia in 1st trimester primigravida pregnant women.*

*The case study method uses a multiple case design, with case study subjects of two 1st trimester primigravida pregnant women who experienced mild anemia. The case study was carried out in the Klampis Health Center work area in April – May 2024. Data was collected by interviews using questionnaires and documentation studies. Analysis uses qualitative descriptive.*

*The results of the case study show that risk factors that play a role in the incidence of mild anemia are nutritional status, consumption of Fe tablets, infection disease, age, economy, and knowledge. The problems felt by both respondents were nausea and fatigue and the management obtained was giving Fe.*

*In conclusion, nutritional status, regularity in consuming Fe tablets, infection disease, age, economy, and knowledge. play a role in the occurrence of anemia, while the problem is frequent fatigue and nausea, and management is giving Fe tablets and respondents have not received counseling regarding foods high in iron and balanced nutritional foods. Suggestions, in order to prevent anemia, respondents should regularly consume Fe tablets and be given counseling regarding foods high in iron and balanced nutritional foods.*

*Keywords: primigravida, anemia, risk factors, problems, management*