Abstract

Anemia in pregnancy is a serious health problem that can endanger both the mother and the fetus. The impacts of anemia on the mother during pregnancy include postpartum hemorrhage (HPP), shock, prolonged labor, uterine atony, uterine insemination, while the impacts of anemia on newborns include low birth weight (LBW) and congenital defects. This study aims to determine the factors influencing the incidence of anemia in pregnant women in the work area of the Tolinggula Community Health Center (UPTD Puskesmas). The research method used was quantitative with a cross-sectional approach. A sample of 68 pregnant women was selected using a total sampling technique. Data were analyzed using the chi-square test. The results showed that age (p=0.033), parity (p=0.005), education (p=0.001), and nutritional status (BMI) (p=0.030) were significantly associated with anemia. These factors contribute to lowering hemoglobin levels in pregnant women, which increases the risk of complications such as postpartum hemorrhage, prolonged labor, and low birth weight. The study concluded that age, parity, education, and nutritional status are factors that influence the incidence of anemia. It is hoped that these results can serve as a reference for health workers in designing anemia prevention interventions and improving nutritional education and adherence to iron supplementation among pregnant women.

Keywords: *Anemia in pregnancy, age, parity, education, BMI*

Abstrak

Anemia pada kehamilan merupakan masalah kesehatan serius yang dapat membahayakan ibu dan janin. Dampak anemia bagi ibu pada saat kehamilan diantaranya Hemorragic Post Partum (HPP), syok, partus lama, atonia uteri, inersia uteri, sedangkan dampak anemia pada bayi baru dilahirkan diantaranya BBLR dan cacat bawaan. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang memengaruhi kejadian anemia pada ibu hamil di wilayah kerja UPTD Puskesmas Tolinggula. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan cross-sectional. Sampel sebanyak 68 ibu hamil dipilih dengan teknik total sampling. Data dianalisis menggunakan uji chi-square. Hasil penelitian menunjukkan bahwa faktor usia (p=0,033), paritas (p=0,005), pendidikan (p=0,001), dan status gizi (IMT) (p=0,030) berhubungan signifikan dengan kejadian anemia. Faktor-faktor tersebut berperan dalam menurunkan kadar hemoglobin ibu hamil yang berisiko menyebabkan komplikasi seperti perdarahan postpartum, persalinan lama, dan bayi berat lahir rendah. Kesimpulan dari penelitian ini adalah usia, paritas, pendidikan, dan status gizi merupakan faktor yang berpengaruh terhadap kejadian anemia. Diharapkan hasil penelitian ini dapat menjadi acuan bagi tenaga kesehatan dalam merancang intervensi pencegahan anemia, serta meningkatkan edukasi gizi dan kepatuhan konsumsi tablet tambah darah pada ibu hamil.

Kata Kunci: Anemia kehamilan, usia, paritas, pendidikan, IMT