

ABSTRAK

Anemia didefinisikan sebagai kondisi ketika kadar hemoglobin (Hb) dalam sel darah merah berada di bawah batas normal. Dalam konteks kehamilan, seorang ibu dinyatakan anemia jika kadar Hb-nya kurang dari 11 gr/dl. Kondisi ini lebih rentan terjadi pada kelompok primigravida (ibu yang menjalani kehamilan pertama). Faktor penyebabnya adalah kurangnya pengetahuan tentang perawatan kehamilan yang sehat akibat belum adanya pengalaman sebelumnya, sehingga membedakannya dari ibu multigravida yang telah memiliki pengalaman.

Proposal tugas akhir ini menggunakan desain deskriptif dengan pendekatan *Case report*. Metode pengumpulan data yang diterapkan adalah wawancara, observasi, dan dokumentasi. Data diperoleh dari subjek penelitian, yakni ibu hamil primigravida dengan anemia ringan, yang bertempat di wilayah cakupan Puskesmas Tongguh, Kecamatan Arosbaya, Kabupaten Bangkalan. Pengumpulan data dilaksanakan pada bulan Januari sampai Mei 2025.

Berdasarkan hasil pengumpulan data, didapatkan pada kunjungan pertama ibu memiliki keluhan berupa mudah lelah saat beraktivitas, nyeri pada perut bagian bawah, keputihan, tidak rutin mengonsumsi Tablet Tambah Darah dan suplemen MMS, dan tidak rutin melakukan pemeriksaan ANC, serta kadar Hemoglobin 10,2 g/dL. Ibu diberikan asuhan berupa edukasi cara mengatasi anemia mulai dari pola nutrisi, cara mengonsumsi Tablet Tambah Darah dan MMS yang benar, pemberian Tablet Tambah Darah, monitoring terkait konsumsi terapi yang didapatkan. Diberikan edukasi cara mengatasi keluhan yang dialami. Pada kunjungan kedua, ibu memiliki keluhan berupa mudah lelah serta nyeri pinggang, lalu diberikan edukasi cara mengatasi keluhan yang dirasakan serta evaluasi cara mengatasi anemia seperti pola nutrisi, konsumsi Tablet Tambah Darah dan MMS. Pada kunjungan ketiga didapatkan keluhan sudah teratasi, dan hasil pemeriksaan ditemukan bahwa kadar Hemoglobin ibu telah meningkat menjadi 11,4 g/dl.

Asuhan telah diberikan kepada ibu dengan baik, ibu telah mengikuti edukasi dan saran yang diberikan dan mengetahui cara mengatasi anemia. Diharapkan ibu bisa meningkatkan pengetahuan terkait anemia dan cara mengatasinya.

Kata kunci : Anemia; Hemoglobin; *Primigravida*; Tablet Tambah Darah

ABSTRACT

Anemia is defined as a condition where the hemoglobin (Hb) level in red blood cells falls below the normal limit. In the context of pregnancy, a woman is considered anemic if her Hb level is less than 11 g/dl. This condition is more common in primigravida (mothers experiencing their first pregnancy). A contributing factor is a lack of knowledge about healthy pregnancy care due to a lack of previous experience, distinguishing them from experienced multigravida mothers.

This final project proposal uses a descriptive design with a case report approach. Data collection methods used were interviews, observation, and documentation. Data were obtained from research subjects, namely primigravida pregnant women with mild anemia, located in the Tongguh Community Health Center, Arosbaya District, Bangkalan Regency. Data collection was conducted from January to May 2025.

Based on the results of data collection, it was found that at the first visit the mother complained of fatigue during activities, pain in the lower abdomen, vaginal discharge, not regularly taking Iron Tablets and MMS supplements, and not regularly undergoing ANC checks, as well as a Hemoglobin level of 10.2 g/dL. The mother was given care in the form of education on how to overcome anemia starting from nutritional patterns, how to properly consume Iron Tablets and MMS, administering Iron Tablets, monitoring related to the consumption of therapy received. Education was provided on how to overcome the complaints experienced. At the second visit, the mother complained of fatigue and back pain, then was given education on how to overcome the complaints felt and an evaluation of how to overcome anemia such as nutritional patterns, consumption of Iron Tablets and MMS. At the third visit, it was found that the complaints had been resolved, and the results of the examination found that the mother's Hemoglobin level had increased to 11.4 g/dl.

The mother has been provided with adequate care. She has followed the education and advice provided and understands how to manage anemia. It is hoped that she will improve her knowledge about anemia and how to manage it.

Keywords : Anemia; Hemoglobin; Primigravida; Iron Supplements