

ABSTRAK

KUALITAS MAKANAN IBU HAMIL DENGAN KEJADIAN ANEMIA DI DAERAH PESISIR (PALANG)

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Anemia Kehamilan merupakan sebagai kondisi di mana kadar hemoglobin (Hb) dalam darah ibu hamil kurang dari 11 g/dL. Berdasarkan data dari profil kesehatan Provinsi Jawa Timur tahun 2022 menyebutkan bahwa terdapat 63.522 atau sekitar 10,76% ibu hamil dengan komplikasi kebidanan anemia dari total 590.205 ibu hamil di Provinsi Jawa Timur, Tujuan dari penelitian ini untuk mengetahui hubungan kualitas makanan ibu hamil dengan kejadian Anemia di di daerah pesisir (Palang).

Desain penelitian korelasional. Populasi pada penelitian ini yaitu sebagian Ibu Hamil yang berada di daerah pesisir sebanyak 112 Ibu Hamil. Teknik sampling yang digunakan simple random sampling. Variabel independen adalah kualitas makanan ibu hamil. Variabel dependen adalah kejadian Anemia. Cara pengambilan data dengan kuisioner dan Observasi buku KIA kemudian dilakukan pengolahan data dan analisis statistik menggunakan *uji Chi-Square*.

Hasil penelitian didapatkan sebagian besar (68.75%) ibu hamil memiliki kategori kualitas makanan yang baik, sebagian kecil (10,71%) ibu hamil menderita anemia. Setelah dilakukan *uji Chi – Square* antara kualitas makanan ibu hamil dengan kejadian anemia didapatkan nilai $P\text{-value} = 0,005$ dimana nilai $P\text{-value} < \alpha(0,05)$. Hal ini menunjukkan bahwa ada hubungan antara kualitas makanan ibu hamil dengan kejadian anemia.

Upaya menangani Ibu Hamil dengan Anemia oleh bidan desa yaitu dengan pemeriksaan rutin untuk mengetahui kadar Hemoglobin, pemberian tablet tambah darah 2x dalam satu hari, dan edukasi gizi yang seimbang untuk kesehatan ibu dan janin.

Kata kunci : Kualitas Makanan, Anemia, Ibu Hamil

ABSTRACT

THE QUALITY OF PREGNANT WOMEN'S FOOD WITH THE INCIDENCE OF ANEMIA IN COASTAL AREA (PALANG)

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Pregnancy Anemia is a condition in which the hemoglobin (Hb) level in the blood of pregnant women is less than 11 g/dL. Based on data from the health profile of East Java Province in 2022, it was stated that there were 63,522 or around 10.76% of pregnant women with obstetric complications of anemia from a total of 590,205 pregnant women in East Java Province. The purpose of this study was to determine the relationship between the quality of pregnant women's food and the incidence of anemia in coastal areas (Palang).

Correlational research design. The population in this study were some pregnant women in coastal areas as many as 112 pregnant women. The sampling technique used was simple random sampling. The independent variable is the quality of pregnant women's food. The dependent variable is the incidence of anemia. The method of data collection was by questionnaire and KIA book observation, then data processing and statistical analysis were carried out using the Chi-Square test.

The results of the study showed that most (68.75%) pregnant women had a good food quality category, a small portion (10.71%) of pregnant women suffered from anemia. After conducting the Chi-Square test between the quality of pregnant women's food and the incidence of anemia, a P-value of 0.005 was obtained where the P-value $< \alpha$ (0.05). This shows that there is a relationship between the quality of pregnant women's food and the incidence of anemia.

Efforts to handle pregnant women with anemia by village midwives include routine checks to determine hemoglobin levels, giving iron tablets 2x a day, and balanced nutritional education for maternal and fetal health.

Keywords: Food Quality, Anemia, Pregnant Women