

**PENGETAHUAN IBU HAMIL TENTANG ANEMIA PADA
KEHAMILAN DI PUSKESMAS KEDUNGWARU
KABUPATEN TULUNGAGUNG**

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ABSTRAK

Anemia dalam kehamilan merupakan kondisi ibu dengan kadar hemoglobin (Hb) < 11 gr/dl. Tujuan penelitian ini bertujuan untuk mengetahui pengetahuan ibu hamil tentang anemia di puskesmas Kedungwaru Kabupaten Tulungagung. Jenis penelitian ini merupakan penelitian deskriptif dengan pendekatan cross sectional. Alat ukur yang digunakan adalah kuisioner. Teknik pengambilan sampel yang digunakan adalah total sampling yaitu teknik pengambilan sampel dimana jumlah sampel sama dengan populasi ibu hamil di puskesmas Kedungwaru Kabupaten Tulungagung yaitu sebanyak 60 orang. Hasil penelitian menunjukkan bahwa ibu hamil di puskesmas Kedungwaru Kabupaten Tulungagung memiliki karakteristik berusia 26-35 tahun, pendidikan SMA/SMK, usia kehamilan pada trimester 1, multigravida, tidak anemia dan rutin mengonsumsi tablet Fe. Pengetahuan ibu hamil tentang anemia didapatkan data sebagian besar (52%) termasuk kategori tingkat pengetahuan baik, pengetahuan ibu hamil tentang dampak anemia didapatkan data sebagian besar (55%) termasuk kategori tingkat pengetahuan baik dan pengetahuan ibu hamil tentang pencegahan anemia didapatkan data sebagian besar (55%) termasuk kategori tingkat pengetahuan baik. Kesimpulannya adalah gambaran pengetahuan tentang anemia dalam kategori baik. Bagi ibu hamil diharapkan harus turut aktif dalam menambah pengetahuan seputar kehamilan, bagi puskesmas diharapkan untuk meningkatkan upaya-upaya promotif tentang pentingnya mengonsumsi tablet besi (Fe) selama kehamilan untuk mencegah terjadinya anemia, dan diharapkan bisa menjadi bahan referensi bagi peneliti selanjutnya.

Kata kunci : *Pengetahuan, Anemia, Ibu Hamil*

**PREGNANT WOMEN'S KNOWLEDGE ABOUT ANEMIA IN
PREGNANCY AT KEDUNGWARU PUBLIC HEALTH CENTER
TULUNGAGUNG REGENCY**

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ABSTRACT

Anemia in pregnancy is a condition in which the mother has a hemoglobin (Hb) level <11 gr/dl. The purpose of this study was to determine the knowledge of pregnant women about anemia at the Kedungwaru Community Health Center, Tulungagung Regency. This type of research is a descriptive study with a cross-sectional approach. The measuring instrument used was a questionnaire. The sampling technique used was total sampling, a sampling technique where the number of samples was the same as the population of pregnant women at the Kedungwaru Community Health Center, Tulungagung Regency, which was 60 people. The results showed that pregnant women at the Kedungwaru Community Health Center, Tulungagung Regency had characteristics of 26-35 years old, high school/vocational high school education, gestational age in the first trimester, multigravida, not anemic and regularly consuming Fe tablets. The knowledge of pregnant women about anemia was obtained by data from the majority (52%) included in the category of good knowledge level, the knowledge of pregnant women about the impact of anemia was obtained by data from the majority (55%) included in the category of good knowledge level and the knowledge of pregnant women about anemia prevention was obtained by data from the majority (55%) included in the category of good knowledge level. The conclusion is a description of knowledge about anemia in the good category. Pregnant women are expected to actively participate in increasing their knowledge about pregnancy. Community health centers are expected to increase promotional efforts regarding the importance of consuming iron (Fe) tablets during pregnancy to prevent anemia, and it is hoped that this can be a reference material for further researchers.

Keyword : *knowledge, anemia, pregnant women*