

ABSTRAK

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SYSTEMATIC LITERATURE REVIEW DETERMINAN KEJADIAN ANEMIA
PADA IBU HAMIL TAHUN 2025

xvi + 173 halaman + 13 tabel + 16 lampiran

Anemia saat kehamilan dapat terjadinya peningkatan resiko Angka Kematian Ibu (AKI),serta berpotensi menimbulkan gangguan pada proses kehamilan dan persalinan yang berakibat ancaman keselamatan ibu serta janin. Penelitian ini bertujuan untuk mengkaji determinan tidak langsung dan berhubungan pada anemia kehamilan.

Peneliti merancang dengan desain *Systematic Literature Review (SLR)* terhadap studi kuantitatif non-eksperimental. Pencarian literatur dilakukan melalui database PubMed serta aplikasi *Publish or Perish (PoP)* dengan sumber pencarian Google Scholar dan Scopus menggunakan kata kunci pola makan, ANC, pengetahuan, paritas, usia, dukungan dan anemia, kemudian diseleksi berdasarkan kriteria inklusi dan diterbitkan tahun 2021–2025. Dari 596 artikel awal, dilakukan seleksi sehingga diperoleh 9 artikel yang dianalisis dengan critical appraisal. Seluruh studi yang dianalisis menggunakan desain *cross-sectional*.

Temuan kajian mengindikasikan variabel paling sering diteliti dalam kaitan terjadinya anemia selama kehamilan adalah pola makan dan kunjungan antenatal care (ANC), masing-masing ditemukan pada 5 dari 9 artikel (55,6%). Variabel usia ibu dan paritas ditemukan pada 3 artikel (33,3%), tingkat pengetahuan ibu pada 2 artikel (22,2%) dan dukungan keluarga pada 1 artikel (11,1%).

Temuan ini menunjukkan bahwa anemia pada ibu hamil dipengaruhi oleh berbagai determinan tidak langsung yang berkaitan dengan perilaku kesehatan dan karakteristik ibu. Upaya pencegahan dan penanggulangan anemia pada ibu hamil perlu dilakukan secara komprehensif melalui pendidikan kesehatan, pemantauan status gizi, serta optimalisasi keteraturan pemeriksaan ANC. Penelitian selanjutnya disarankan untuk mengkaji peran dukungan keluarga, khususnya pasangan, dalam resiko anemia pada ibu hamil.

Kata kunci: pola makan, ANC, pengetahuan, paritas, usia, dukungan, anemia.

Daftar bacaan: 12 buku (1998–2025)

ABSTRACT

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SYSTEMATIC LITERATURE REVIEW OF DETERMINANTS OF ANEMIA IN PREGNANT WOMEN, 2025

xvi + 173 pages + 13 tables + 16 appendices

Anemia during pregnancy is linked to a higher risk of maternal complications and has the potential to cause complications during pregnancy and childbirth, which may threaten the safety of both mother and fetus. This study aims to examine the indirect determinants associated with the occurrence of anemia in pregnant women.

This study employed a Systematic Literature Review (SLR) approach on non-experimental quantitative studies. Literature searches were conducted through the PubMed database and Publish or Perish (PoP) application using Google Scholar and Scopus sources with the keywords dietary patterns, ANC, knowledge, parity, age, family support, and anemia. The articles were then selected based on inclusion criteria and publication years 2021–2025. From an initial 596 articles, the selection process resulted in 9 articles that were analyzed using critical appraisal. All included studies used a cross-sectional design.

The findings indicate that the most frequently studied variables related to anemia during pregnancy are dietary patterns and antenatal care (ANC) visits, each found in 5 out of 9 articles (55,6%). Maternal age and parity were found in 3 articles (33,3%), maternal knowledge in 2 articles (22,2%) and family support in 1 article (11,1%).

These findings suggest that anemia in pregnancy is influenced by various indirect determinants related to maternal health behaviors and characteristics. Therefore, prevention and management of anemia in pregnancy should be conducted comprehensively through health education, nutritional status monitoring, and optimization of ANC visits. Future research is recommended to examine the role of family support, particularly partners which may elevate the likelihood of anemia during pregnancy

Keywords: dietary patterns, ANC, knowledge, parity, age, support, anemia.

References: 12 books (1998–2025)