

ABSTRAK

Pendahuluan: Anemia dalam kehamilan ialah persoalan global yang masih tinggi prevalensinya, terutama di Indonesia yang mencapai 48,9% pada ibu hamil. Kondisi ini menjadi lebih kompleks apabila disertai Kehamilan Tidak Diinginkan (KTD), yang dapat memengaruhi kepatuhan pemeriksaan antenatal care, pemenuhan nutrisi, dan kondisi psikologis ibu. **Tujuan:** mendeskripsikan penatalaksanaan asuhan kebidanan secara komprehensif pada ibu hamil primigravida dengan anemia dan kehamilan tidak diinginkan di Puskesmas Tanjungsari Kota Surabaya. **Metode :** Studi kasus pengumpulan data dilakukan melalui wawancara, pemeriksaan fisik, dan dokumentasi SOAP pada bulan April hingga Mei 2026. **Hasil pengkajian:** Menunjukkan kadar hemoglobin 9,7 g/dl (anemia sedang) dan skor EPDS 14 (depresi sedang) akibat kehamilan yang terjadi sebelum pernikahan. Penatalaksanaan meliputi pemberian tablet Fe, vitamin C, dan kalsium; edukasi gizi; pemantauan Hb; ANC teratur; dukungan emosional; serta kolaborasi dengan poli psikologi. Setelah empat kali pengkajian, kadar Hb meningkat menjadi 10,5 g/dl dan skor EPDS menurun dari 14 menjadi 10 (dari depresi sedang menjadi depresi ringan), serta ibu mampu menerima kehamilannya. **Kesimpulan:** pendekatan asuhan kebidanan komprehensif yang mencakup aspek biologis, psikologis, dan sosial terbukti efektif dalam meningkatkan kadar Hb dan kondisi psikologis ibu hamil dengan anemia dan kehamilan tidak diinginkan.

Kata Kunci: anemia, kehamilan tidak diinginkan, asuhan kebidanan komprehensif.

ABSTRACT

Introduction: Anemia during pregnancy remains a global health issue with a high prevalence, particularly in Indonesia, where it affects 48.9% of pregnant women. This condition becomes more complex when accompanied by an unintended pregnancy, which can affect adherence to antenatal care, nutritional intake, and the mother's psychological well-being. **Objective:** To describe comprehensive midwifery care management for primigravida pregnant women with anemia and unintended pregnancy at the Tanjungsari Community Health Center in Surabaya. **Methods:** A case study was conducted through data collection via interviews, physical examinations, and SOAP documentation from April to May 2026. **Assessment results:** Hemoglobin levels were 9.7 g/dL (moderate anemia) and an EPDS score of 14 (moderate depression) due to a pregnancy occurring before marriage. Management included administration of iron tablets, vitamin C, and calcium; nutritional education; Hb monitoring; regular ANC; emotional support; and collaboration with the psychology clinic. After four assessments, the Hb level increased to 10.5 g/dL and the EPDS score decreased from 14 to 10 (from moderate depression to mild depression), and the mother was able to accept her pregnancy. **Conclusion:** A comprehensive midwifery care approach that encompasses biological, psychological, and social aspects has proven effective in improving hemoglobin levels and the psychological condition of pregnant women with anemia and unintended pregnancies.

Keywords: anemia, unwanted pregnancy, comprehensive midwifery care.