

# Anemia dan Faktor Risikonya pada Ibu Hamil: Studi Potong Lintang selama Pandemi COVID-19 di Kabupaten Lombok Timur, Indonesia = Anemia and Its Risk Factors in Pregnant Women: A Cross-Sectional Study during the COVID-19 Pandemic in East Lombok District, Indonesia

Amanda Safiera Ameline, author

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## Abstrak

**Latar Belakang:** Anemia maternal merupakan masalah kesehatan masyarakat utama yang memiliki efek merugikan pada hasil kehamilan dan kelahiran. Ancaman kerawanan pangan dan kekurangan gizi semakin meningkat akibat pandemi COVID-19. Tujuan penelitian ini adalah untuk mengetahui prevalensi dan faktor risiko anemia pada ibu hamil di Kabupaten Lombok Timur pada masa pandemi.

**Metode:** Studi potong lintang ini merupakan bagian dari studi kohort observasional berjudul “UKRI-GCRF Action Against Stunting Hub (AASH)” di Lombok Timur. Data ibu hamil (usia 18-40 tahun) trimester ketiga dikumpulkan bulan Agustus 2021 hingga Februari 2022, meliputi LILA, wawancara kuesioner terstruktur, recall diet, perhitungan darah lengkap, dan metode Kato-Katz. Faktor yang berhubungan dengan anemia ditentukan menggunakan analisis regresi logistik.

**Hasil:** Dari total 446 wanita hamil trimester ketiga, 40.8% mengalami anemia. Selama pandemi, 74,7% dan 28,9% ibu melaporkan penurunan pendapatan rumah tangga dan pengeluaran makanan. Strategi penanggulangan kerawanan pangan sedang dan tinggi dilaporkan oleh 47% responden. 6,5% ibu terinfeksi cacing usus (mayoritas cacing *Trichuris trichiura*), dan 19,1% memiliki ANC yang tidak memadai (<6 kunjungan) selama kehamilan. Anemia ditemukan secara signifikan berhubungan dengan KEK (AOR=1.87), tidak menggunakan kontrasepsi (AOR=1.60), dan rendahnya keragaman konsumsi pangan (AOR=1.59).

**Kesimpulan:** KEK, tidak menggunakan metode KB, dan rendahnya keragaman konsumsi pangan merupakan kontributor utama anemia pada kehamilan. Pemangku kepentingan multisektoral dan praktisi kesehatan harus berkolaborasi untuk mengembangkan dan menerapkan kebijakan kesehatan masyarakat serta program intervensi untuk mengatasi anemia di Lombok Timur.

.....**Background:** Maternal anemia is a major public health issue that has detrimental effects on pregnancy and birth outcomes. The threat of food insecurity and nutritional deficiencies is growing as a result of the COVID-19 pandemic. The aim of this study was to determine the prevalence and risk factors of anemia in pregnancy in East Lombok during the pandemic.

**Methods:** This cross-sectional study is part of an observational cohort study entitled “UKRI-GCRF Action Against Stunting Hub (AASH)” in East Lombok, from August 2021 to February 2022. Data of pregnant women (aged 18-40 years) in their third trimester, including MUAC, structured questionnaires, dietary recall. The complete blood count and Kato-Katz method was performed. The factors associated with anemia were determined using logistic regression analysis.

**Results:** Of the total 446 women in the third trimester, 40.8% had anemia. During the pandemic, 74.7% and 28.9% reported a decrease in household income and food expenditure, respectively. Medium to high coping strategies reported by 47%. About 6.5% of women were infected with intestinal helminth (mostly from

*Trichuris trichiura*) and 19.1% had inadequate ANC (<6 visits) throughout pregnancy. Anemia was found to be significantly associated with CED (AOR=1.87), non-use of contraception (AOR=1.60), and inadequate dietary diversity (AOR=1.59).

Conclusions: CED, non-use of contraception, and inadequate dietary diversity were major contributors to anemia in pregnancy. Multisectoral stakeholders and healthcare practitioners should collaborate to develop and implement public health policies and intervention programs to alleviate anemia in East Lombok.