

Determinan Kejadian Anemia pada Ibu Hamil di Indonesia (Analisis Data Riskesdas 2018) = Determinants of Anemia in Pregnant Women in Indonesia (Analysis of Riskesdas 2018)

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Abstrak

Anemia merupakan jenis defisiensi zat gizi yang paling banyak terjadi pada ibu hamil di dunia. Prevalensi anemia yang tinggi selama kehamilan akan memberikan hasil yang merugikan bagi janin yang dilahirkan dan bagi ibu hamil. Penelitian ini bertujuan untuk mengetahui determinan kejadian anemia pada ibu hamil di Indonesia tahun 2018. Penelitian dengan desain studi cross-sectional ini dilakukan menggunakan data Riskesdas 2018. Variabel dependen yang diteliti yaitu anemia. Sedangkan variabel independen yang diteliti yaitu pendidikan, pekerjaan, daerah tempat tinggal, usia ibu hamil, paritas, jarak kehamilan, usia kehamilan, konsumsi makanan hewani, konsumsi buah, konsumsi sayur, konsumsi TTD, dan status gizi (KEK). Sampel pada penelitian ini (n=537) yaitu ibu hamil responden Riskesdas 2018 yang telah menjalani tes laboratorium hemoglobin dan memiliki data secara lengkap serta tidak memiliki riwayat menderita penyakit terkait dengan status anemia. Hasil penelitian ini menyatakan bahwa prevalensi anemia pada ibu hamil di Indonesia tahun 2018 sebesar 33,1%. Hasil analisis uji chi-square menunjukkan hasil adanya hubungan yang signifikan antara variabel usia kehamilan (p-value = 0,001) dan KEK (p-value = 0,017) dengan kejadian anemia pada ibu hamil di Indonesia tahun 2018. Disarankan memfokuskan materi edukasi mengenai pola konsumsi makanan hewani dan TTD, yang berkaitan erat dengan usia kehamilan dan KEK, yang perlu dipersiapkan sebelum proses kehamilan, bahkan sedari remaja.

.....Anemia is the most common type of nutrient deficiency in pregnant women in the world. The high prevalence of anemia during pregnancy will have adverse outcomes for the fetus and for pregnant women. This study aims to determine the determinants of anemia in pregnant women in Indonesia in 2018. This research with a cross-sectional study design was using Riskesdas 2018. The dependent variable was anemia. Meanwhile, the independent variables were education, occupation, area of residence, age of pregnant women, parity, distance between pregnancies, gestational age, consumption of animal foods, consumption of fruits, consumption of vegetables, consumption of iron tablets, and nutritional status (CED). The sample in this study (n = 537) were pregnant women who were Riskesdas 2018 respondents who had a hemoglobin laboratory test and had complete data and had no history of suffering from diseases related to anemia status. The results of this study stated that the prevalence of anemia in pregnant women in Indonesia in 2018 was 33.1%.. The results of the chi-square test analysis showed that there was a significant relationship between the variable gestational age (p-value = 0.001) and CED (p-value = 0.017) with the incidence of anemia in pregnant women in Indonesia in 2018. It is recommended to focus on educational materials regarding patterns of consumption of animal foods and iron supplements, which are closely related to gestational age and CED, which need to be prepared before the process of pregnancy, even as a teenager.