

HUBUNGAN PARITAS DENGAN KEJADIAN ANEMIA PADA IBU POST PARTUM DI RSUD PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Angka kematian ibu merupakan salah satu indikator penilaian status kesehatan. Angka kematian ibu masih jauh dari target *Millenium Development Goals* tahun 2015. Salah satu penyebab kematian ibu adalah anemia. Anemia post partum didefinisikan sebagai kadar hemoglobin kurang dari 10 g/dl. Pengaruh anemia pada masa nifas adalah terjadinya subinvoluti uteri yang dapat menimbulkan perdarahan post partum, infeksi puerperium, pengeluaran ASI berkurang dan infeksi mammae. Penyebab anemia pada ibu post partum salah satunya adalah paritas. Ibu dengan paritas multipara lebih mungkin mengalami anemia dan ibu dengan anemia berat 3,7 kali lebih mungkin terjadi kematian perinatal.

Tujuan: Untuk mengetahui hubungan paritas dengan kejadian anemia pada ibu post partum di RSUD Panembahan Senopati Bantul Yogyakarta.

Metode: Metode penelitian adalah metode observasional dengan rancangan *cohort prospektif* menggunakan *purposive sampling*. Responden pada penelitian ini sebanyak 56 responden sesuai dengan kriteria inklusi dan eksklusi. Pengumpulan data menggunakan lembar observasi. Teknik analisa data menggunakan *kendall's tau* (τ) dengan tingkat kemaknaan $\alpha < 0,05$.

Hasil: Ada hubungan yang signifikan antara paritas dengan kejadian anemia pada ibu post partum di RSUD Panembahan Senopati Bantul Yogyakarta. Analisa data dari 56 responden yang primipara sebanyak 26 (46,4%), yang mengalami anemia ringan sebanyak 13 (23,2%) dan anemia sedang sebanyak 2 (3,6%), sedangkan 30 responden (53,6%) yang multipara, mengalami anemia ringan sebanyak 20 (35,7%) dan anemia sedang sebanyak 6 (10,7%), dengan *p value* 0,014.

Kesimpulan: ibu dengan multipara mempunyai hubungan yang signifikan untuk terjadi anemia daripada ibu dengan primipara. Rekomendasi untuk ibu agar lebih aktif dalam mencari informasi tentang hal-hal yang perlu diperhatikan setelah kehamilan terutama tentang penggunaan alat kontrasepsi untuk menjaga jumlah anak dan nutrisi ibu post partum untuk mencegah anemia.

Kata Kunci : paritas, anemia post partum

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THE COORELATIONS BETWEEN PARITY AND ANEMIA INCIDENTS AMONG POST PARTUM MOTHERS IN LOCAL PUBLIC HOSPITAL OF PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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ABSTRACT

Background: Maternal mortality rate is an indicator of health status assessment. The current rate of maternal mortality is still far beyond the target of Millennium Development Goals years 2015. One of the cause of maternal mortality is anemia. Post partum anemia is when one's level of hemoglobin is less than 10 g/dl. Anemia that is experienced during puerperium period might cause uteri sub involution which may result in post partum bleeding, puerperium infection, less production of breastfeeding, and mastitis (breast infection). One of the cause of anemia experienced by post partum mothers is parity. A mother with severe anemia is 3.7 times more possible to undergo prenatal death.

Objectives: This research is to find out the correlations between parity and anemia incidents among post partum mothers in Local Public Hospital of Panembahan Senopati Bantul Yogyakarta.

Research Methodology: This research applied an observational method with the cohort prospective design. A purposive sampling was applied to collect the data. As many as 56 respondents participated in this research using inclusion and exclusion criteria. Observation sheets were used to collect the data and the result were analyzed using the *Kendall's tau* (τ) analysis with the significance level of $\alpha < 0.05$.

Result: The result indicate that there was a significant correlation between parity and anemia incidents among post partum mothers in Local Public Hospital of Panembahan Senopati Bantul Yogyakarta. Of 56 respondents, 26 (46,4%) were primipara mothers; 13 (23,2%) of them showed a low level of anemia; and 2 (3,6%) of them indicated a medium level of anemia. 30 (53,6%) of the respondents were multipara; 20 (35,7%) of them showed a low level of anemia; and 6 (10,7%) indicated a medium level of anemia, with the *p-value* of 0.014.

Conclusion: Mothers with multipara have significant correlation anemia compared to those with primipara ones. Mothers are recommended to actively seek for information regarding post pregnancy issues, especially about the use of contraceptives to control the number of children and nutrition for post partum mothers to a low risk of anemia.

Key Words: parity, post partum anemia

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