

HUBUNGAN FREKUENSI PEMERIKSAAN KEHAMILAN DENGAN KEJADIAN ANEMIA PADA IBU POST PARTUM DI RSUD PANEMBAHAN SENOPATI BANTUL

Istiyani¹, Ida Nursanti², Khristina Dias Utami²

INTISARI

Latar Belakang: Pemeriksaan kehamilan penting dilakukan untuk menjaga ibu sehat selama kehamilan, persalinan, dan nifas. Pemeriksaan kehamilan jika terlambat dilakukan, lebih dari 14 minggu usia kehamilan, berdampak buruk pada kelahiran bayi seperti *abruptio plasenta*, *chorromnionitis*, kelahiran prematur, bahkan sampai kematian bayi.

Tujuan Penelitian: Untuk mengetahui apakah terdapat hubungan pemeriksaan kehamilan dengan kejadian anemia pada ibu *post partum* di RSUD Panembahan Senopati Bantul

Metode Penelitian: 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 frekuensi pemeriksaan kehamilan dengan kejadian anemia pada ibu post partum di RSUD Panembahan Senopati Bantul Yogyakarta. Analisa data dari 56 responden sebagian besar responden melakukan pemeriksaan kehamilan optimal yaitu sebanyak 29 responden (51,8%) yang mengalami anemia ringan sebanyak 18 responden (32,1%) dan anemia sedang sebanyak 4 (7,1%).

Kesimpulan: ibu dengan frekuensi pemeriksaan kehamilan minimal mempunyai resiko lebih tinggi untuk terjadi anemia daripada ibu dengan pemeriksaan kehamilan ideal. Rekomendasi untuk ibu agar lebih aktif dalam mencari informasi tentang hal-hal yang perlu diperhatikan selama kehamilan terutama tentang keteraturan untuk melakukan pemeriksaan kehamilan dan menjaga asupan nutrisi yang mengandung zat besi untuk mencegah terjadinya anemia post partum.

Kata Kunci: frekuensi pemeriksaan kehamilan, anemia post partum

¹ Mahasiswa S1 Ilmu Keperawatan STIKES Jenderal Achmad Yani Yogyakarta

² Dosen Sekolah Tinggi Ilmu Kesehatan Jenderal Achmad Yani Yogyakarta

THE CORRELATIONS BETWEEN THE FREQUENCY OF MATERNITY CHEK-UPS AND THE OCCURRENCE OF ANEMIA AMONG THE POST PARTUM MOTHERS AT RSUD PANEMBAHAN SENOPATI BANTUL

Istiyani¹, Ida Nursanti², Khristina Dias Utami²

ABSTRACT

Background: Maternity check-up is mandatory to keep the mothers healthy during pregnancy, delivery, and post partum period. Late maternity check-up after 14 weeks of pregnancy can bring such bad impact as abruptioplacenta, chorromionitis, premature delivery, even baby death.

Research Objective: This research is to know the correlations between the frequency of maternity check-ups and the occurrence of anemia among the post partum mothers at RSUD Panembahan Senopati Bantul.

Research Method: This research is employed observations with prospective cohort using purposive sampling. As many as 56 respondents who were selected using inclusion and exclusion methods took part in this research. Data were collected using observation sheets. As for the analysis, it used kendall's tau (τ) with the sig level of $\alpha < 0.05$.

Results: There is a significant correlation between the frequency of maternity check-ups and th occurrence of anemia among the post partum mothers at RSUD Panembahan Snopati Bantul. Out of 56 respondents, as many as 29 respondents underwent an optimal maternity check-up (51,8%) and out of that number as many as 18 respondents (32.1%) experienced light anemia, and 4 respondents (7.1%) suffered from a medium level of anemia.

Conclusion :For post-partum mothers, when compared to the ideal check-up frequency, it was found less frequency can contribute to a higher risk of anemia. Therefore, it is recommended that mothers be active in searching for information regarding things that they need to address during pregnancy especially those concerning the regularity of check-ups and the efforts to maintain the nutritional intake that contains iron. This is mandatory to prevent the mothers from anemia during the post-partum period.

Key words: Frequency of maternity check-ups, post-partum anemia

¹Student at the Nursing Science Department, Jendral Achmad Yani School of Health Science, Yogyakarta

²Lecturer at the Nursing Science Department, Jendral Achmad Yani School of Health Science, Yogyakarta