

**ASUHAN KEBIDANAN PADA IBU HAMIL NY. S USIA 37 TAHUN  
G2P1A UK 33+1 MINGGU DENGAN ANEMIA RINGAN  
DAN USIA LEBIH 35 TAHUN DI PUSKESMAS  
KASIHAN I BANTUL**

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**RINGKASAN**

**Latar Belakang:** Anemia ringan hingga sedang yang tidak tertangani dengan baik dapat berdampak pada persalinan prematur, perdarahan postpartum, dan penurunan daya tahan tubuh ibu selama masa nifas. Oleh sebab itu, pemantauan kondisi ibu hamil usia 37 tahun dengan anemia ringan memerlukan perhatian khusus guna mencegah terjadinya komplikasi.

**Tujuan:** Memberikan asuhan kebidanan menyeluruh kepada Ny. S (G2P1A0, usia 37 tahun, UK 33+1 minggu) dengan anemia ringan dan kehamilan risiko tinggi.

**Metode:** Studi kasus dengan pendekatan manajemen kebidanan 7 langkah Varney dan dokumentasi SOAP.

**Hasil:** Berdasarkan hasil anamnesa ditemukan pusing dan lelah. Hasil data obyektif terdapat konjungtiva dan kuku pucat, hb 10,6 g/dL. Dilakukan implementasi yaitu konseling tentang anemia, pemberian TTD, serta pemantauan hb dan nonfarmakologi yoga hamil.

**Kesimpulan:** Asuhan kebidanan Ny. S dengan anemia ringan dan usia lebih 35 tahun sudah dilakukan sesuai standar pelayanan kebidanan terdapat kenaikan kadar Hb dari 10,6 menjadi 10,9 g/dL, peningkatan pemahaman ibu tentang anemia dan usia risiko, serta kepatuhan konsumsi TTD dan latihan yoga hamil.

**Kata kunci:** anemia ringan, usia ibu >35 tahun, kehamilan risiko tinggi, asuhan kebidanan, Ny. S.

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**MIDWIFERY CARE FOR PREGNANT WOMAN Mrs. S 37 YEARS OLD  
G2P1A WEIGHT 33+1 WEEKS WITH MILD ANEMIA AND AGE OVER  
35 YEARS AT PUBLIC HEALTH CENTER KASIHAN I  
BANTUL**

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***ABSTRACT***

**Background:** Mild to moderate anemia that is not properly managed can lead to complications such as preterm labor, postpartum hemorrhage, and decreased maternal immunity during the postpartum period. Therefore, careful monitoring is required for a 37-year-old pregnant woman with mild anemia to prevent potential complications.

**Objective:** To provide comprehensive midwifery care for Mrs. S (G2P1A0, 37 years old, 33+1 weeks gestation) diagnosed with mild anemia and considered a high-risk pregnancy.

**Method:** A case study approach using the 7-step Varney midwifery management process and SOAP documentation.

**Results:** Subjective data revealed complaints of dizziness and fatigue. Objective findings included pale conjunctiva and nails, with hemoglobin level at 10.6 g/dL. The implemented interventions were counseling about anemia, administration of iron supplements (TTD), monitoring of hemoglobin levels, and non-pharmacological intervention through prenatal yoga.

**Conclusion:** The midwifery care for Mrs. S with mild anemia and advanced maternal age (>35 years) was conducted according to standard midwifery services. There was an increase in hemoglobin level from 10.6 to 10.9 g/dL, improved maternal understanding of anemia and high-risk pregnancy, as well as better compliance with iron supplement intake and participation in prenatal yoga sessions.

**Keywords:** *midwifery care, mild anemia, age 37, high risk pregnancy, SOAP, prenatal yoga.*

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