

GAMBARAN KEJADIAN ANEMIA PADA IBU HAMIL DI PUSKESMAS PRAMBANAN SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : *World Health Organization* (WHO) menyatakan 35-75% ibu hamil di negara berkembang mengalami anemia. 40% kematian ibu berkaitan dengan anemia pada kehamilan. Anemia lebih sering menyerang ibu hamil karena jumlah darah dalam tubuh pada saat hamil meningkat sekitar 20-30%. Ibu hamil dikatakan anemia jika kadar Hb <11 gr% pada umur kehamilan trimester I dan trimester III, dan kadar Hb <10,5 gr% pada trimester II. Kecamatan Prambanan merupakan wilayah dengan kejadian anemia tertinggi di Kabupaten Sleman yaitu (25,34%).

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran kejadian anemia pada ibu hamil di Puskesmas Prambanan Sleman Yogyakarta.

Metode Penelitian : Jenis penelitian ini adalah survei deskriptif, teknik pengambilan sampel menggunakan *quota sampling* dengan jumlah sampel sebanyak 66 ibu hamil.

Hasil : Dari penelitian diketahui ibu hamil yang mengalami anemia pada trimester I sebanyak 3 (4,5%) responden, pada trimester II sebanyak 9 (13,6%) responden, dan pada trimester III sebanyak 23 (34,9%) responden. Anemia pada ibu hamil sebagian besar mengalami anemia ringan yaitu sebanyak 33 (50,0%) responden dan yang tidak mengalami anemia sebanyak 31 (47,0%) responden.

Kesimpulan : Berdasarkan hasil penelitian dapat disimpulkan bahwa sebagian besar ibu hamil yang mengalami anemia terjadi pada umur kehamilan trimester III sebanyak 23 (34%) responden dan sebagian besar ibu hamil mengalami anemia ringan sebanyak 33 (50,0%) responden.

Kata Kunci: Anemia, Ibu Hamil.

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THE OVERVIEW OF ANEMIA ON EXPECTANT MOTHERS IN PUBLIC HEALTH OF PRAMBANAN SLEMAN YOGYAKARTA

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ABSTRACT

Background: World Health Organization (WHO) declared that 35-75% of expectant mothers in development country experienced anemia. 40% maternal mortality related to anemia in pregnancy. Anemia frequently attacks expectant mothers because the amount of blood in the body during pregnancy increases approximately 20-30%. Expectant mothers are anemia if the Hb <11 g% in the first trimester and the third trimester of gestation, and Hb <10,5 gr% in the second trimester. Prambanan was area with the highest anemia incident in Sleman as much (25,34%).

Purpose: This research aimed to know the overview of anemia on expectant mothers in Public Health of Prambanan Sleman Yogyakarta.

Research Method: this research was kind of survey descriptive, sampling technique used *quota sampling* with the number of sample as many 66 expectant mothers

Result: From the research known that expectant mothers who experienced anemia in first trimester as many 3 (4,5%) respondents, in second trimester as many 9 (13,6%) respondents, and in third trimester as many 23 (34,9%) respondents. Anemia in expectant mothers most in light anemia as many 33 (50,0%) respondents and not anemia as many 31 (47,0%) respondents.

Conclusion: Based on research result concluded that most of expectant mothers who experienced anemia happen in third trimester of gestation as many 23 (34%) respondents and most of expectant mothers experienced light anemia as many 33 (50,0%) respondents.

Keywords: Anemia, Expectant Mothers.

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