

GAMBARAN KONDISI ANTROPOMETRI IBU HAMIL ANEMIA DI PUSKESMAS PAKUALAMAN YOGYAKARTA

INTISARI

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Latar Belakang : WHO menyatakan 40% kematian ibu di negara berkembang berkaitan dengan anemia kehamilan. Kebanyakan anemia dalam kehamilan disebabkan oleh defisiensi besi dan pendarahan akut (WHO, 2012). Zat besi sangat dibutuhkan oleh ibu hamil untuk mencegah terjadinya anemia. Kementerian Kesehatan menganjurkan agar ibu hamil mengonsumsi paling sedikit 90 pil zat besi selama kehamilannya (Kemenkes RI, 2014). Puskesmas Pakualaman merupakan Puskesmas dengan data kejadian ibu hamil anemia tertinggi di Kota Yogyakarta yaitu (48,11%) sedangkan data terendah berada di Puskesmas Kraton (20,29%) (Dinkes DIY, 2015).

Tujuan : Untuk mengetahui gambaran kondisi antropometri ibu hamil anemia di Puskesmas Pakualaman, Yogyakarta.

Metode Penelitian : Penelitian ini menggunakan metode *deskriptif*, pendekatan *retrospektif*. Populasi dari penelitian ini adalah keseluruhan ibu hamil pada kejadian anemia di Puskesmas Pakualaman, Yogyakarta. Metode pengambilan sampel adalah dengan menggunakan *purposive sampling*. Analisis ini digunakan *deskriptif prosentase*.

Hasil : Hasil uji analisis *deskriptif prosentase*, diperoleh kondisi antropometri ibu hamil anemia trimester I berdasarkan Lingkar Lengan Atas (LILA) adalah tidak KEK yaitu (82,2%), berdasarkan Indeks Masa Tubuh (IMT) memiliki status normal (62,2%).

Kesimpulan : Kondisi antropometri ibu hamil anemia trimester I berdasarkan Lingkar Lengan Atas (LILA) adalah tidak KEK yaitu (82,2%), berdasarkan Indeks Masa Tubuh (IMT) memiliki status normal (62,2%).

Kata kunci : Antropometri, Anemia Kehamilan

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DESCRIPTION OF ANTHROPOMETRY CONDITIONS ANEMIA OF PREGNANT WOMEN IN PUBLIC HEALTH PAKUALAMAN YOGYAKARTA

ABSTRACT

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Background: The WHO said 40% of maternal deaths in developing countries are associated with anemia in pregnancy. Most of anemia in pregnancy is caused by iron deficiency and acute bleeding (WHO, 2012). Iron is needed by pregnant women to prevent anemia. The Ministry of Health recommends that pregnant women consume at least 90 iron pills during pregnancy (MoH RI, 2014). PHC Pakualaman a health center with event data maternal anemia is highest in Yogyakarta (48.11%) while the lowest was in the health center of data Kraton (20.29%) (Health DIY, 2015).

Objective: To determine anthropometric description of the condition of pregnant women at health centers anemia Pakualaman, Yogyakarta.

Methods: This study used descriptive, retrospective approach. The population of this study was the overall incidence of anemia of pregnant women at health centers Pakualaman, Yogyakarta. The sampling method is by using purposive sampling. This analysis used descriptive percentage.

Results: The test results the percentage descriptive analysis, obtained anthropometric conditions first trimester maternal anemia by Upper Arm Circumference (MUAC) is not chronic energy namely (82,2%), based on the body mass index (BMI) had a normal status (62.2 %).

Conclusion: The anthropometric conditions first trimester of pregnant women anemia based Upper Arm Circumference (MUAC) has no status of SEZ, namely (82.2%), based on the body mass index (BMI) had a normal status (62.2%).

Keywords: Anthropometry, Anemia Pregnancy

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