

GAMBARAN LINGKAR LENGAN ATAS (LILA) IBU HAMIL YANG TERDIAGNOSIS ANEMIA DI PUSKESMAS PRAMBANAN SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang: Anemia kehamilan disebut “*potential danger to mother and child*” (potensi membahayakan ibu dan anak). Riset Kesehatan Daerah (Riskesdas) tahun 2013, prevalensi anemia ibu hamil di Indonesia sebanyak 37,1%. Penyebab terbesar anemia ibu hamil di Indonesia secara umum adalah kurang gizi. Ibu hamil perlu dilakukan penilaian status gizi untuk mengetahui keadaan gizinya. Penilaian status gizi pada ibu hamil salah satunya menggunakan Lingkaran Lengan Atas (LILA). Batas LILA di Indonesia risiko KEK ($< 23,5$ cm) dan tidak berisiko KEK ($\geq 23,5$ cm). Ibu hamil yang ukuran LILA ($< 23,5$ cm) memiliki risiko lebih besar terkena anemia dibandingkan ibu hamil dengan LILA ($\geq 23,5$ cm). Kehamilan dengan anemia dapat menyebabkan keguguran, lahir sebelum waktunya, perdarahan, Berat Badan Lahir Rendah (BBLR), dan rentan terkena infeksi.

Tujuan Penelitian: Untuk mengetahui LILA ibu hamil yang terdiagnosis anemia di Puskesmas Prambanan Sleman Yogyakarta.

Metode Penelitian: Penelitian deskriptif kuantitatif. Teknik pengambilan sampel *non probability sampling* dengan *Accidental Sampling*. Jumlah sampel 39 responden.

Hasil: Mayoritas ibu hamil tidak risiko KEK mempunyai umur 20-35 tahun sebanyak 19 responden (48,7%), pendidikan SMA sebanyak 19 responden (48,7%), tidak bekerja sebanyak 16 responden (41%), *primipara* sebanyak 13 responden (33,3%). Ibu hamil dengan anemia ringan sebanyak 36 responden (92,3%), ibu hamil dengan anemia sedang sebanyak 3 responden (7,7%) ibu hamil yang tidak risiko sebanyak 25 responden (64,1%), ibu hamil risiko KEK sebanyak 14 responden (35,9%)

Kesimpulan: Mayoritas ibu hamil di Puskesmas Prambanan Sleman Yogyakarta tidak risiko KEK sebanyak 25 responden (64,1%) dengan anemia ringan sebanyak 36 responden (92,3%).

Kata Kunci: LILA, ibu hamil, anemia.

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**DESCRIPTION THE UPPER ARM CIRCUMFERENCE (UAC) OF
EXPECTANT MOTHERS WHO WERE DIAGNOSED ANEMIA
IN PUBLIC HEALTH OF PRAMBANAN
SLEMAN YOGYAKARTA**

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ABSTRACT

Background: Anemia in pregnancy called “potential danger to mother and child”. Based on Regional Health Research in 2013, prevalence of anemia in expectant mothers in Indonesia as much 37,1%. The biggest cause of anemia in expectant mothers in Indonesia generally was malnutrition. Expectant mothers need to do assessment of nutritional status to know the state of their nutritional. One of the assessments of nutritional status in expectant mothers by use the Upper Arm Circumference (UAC). The UAC limit in Indonesia the risk of chronic energy deficiency (< 23.5 cm) and not at risk of chronic energy deficiency (≥ 23.5 cm). Expectant mothers who sized UAC (< 23.5 cm) have a greater risk of anemia than pregnant women with UAC (≥ 23.5 cm). Pregnancy with anemia could cause abortion, born prematurely, bleeding, Low Birth Weight (LBW), and prone to infection.

Search Objective: To know the Upper Arm Circumference of expectant mothers who were diagnosed anemia in Public Health of Prambanan Sleman Yogyakarta.

Research Method: Quantitative descriptive research. Sampling technique used *non probability sampling* by *Accidental Sampling*. The number of sample 39 respondents.

Result: Most of expectant mothers who did not at risk of chronic energy deficiency have age 20-35 years as many 19 respondents (48,7%), education high school as many 19 respondents (48,7%), does not work as many 16 respondent (41%), primiparous as many 13 respondent (33,3%). expectant mothers experienced light anemia as many 36 respondents (92,3%), expectant mothers experienced moderate anemia as many 3 respondents (7,7%), expectant mothers who did not at risk of chronic energy deficiency as many 25 respondents (64,1%), expectant mothers who at risk of chronic energy deficiency as many 14 respondents (35,9%).

Conclusion: Most of expectant mothers in Public Health of Prambanan Sleman Yogyakarta did not at risk of chronic energy deficiency as many 25 respondents (64,1%) with light anemia as many 36 respondents (92,3%).

Keywords: Upper Arm Circumference (UAC), expectant mothers, anemia.

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