

# **Hubungan Usia Perkawinan Dan Status Gizi Ibu Dengan Kejadian Anemia Kehamilan pada Primipara Di Puskesmas Kalasan**

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## **ABSTRAK**

**Latar Belakang:** Anemia kehamilan merupakan salah satu dari penyebab kematian ibu dan bayi. Penyebab anemia kehamilan salah satunya adalah usia pernikahan ibu serta status gizi yang buruk dimana pengukuran status gizi dilakukan dari pengukuran LILA.

**Tujuan:** untuk mengetahui hubungan antara usia pernikahan dengan kejadian anemia kehamilan pada ibu primipara di Puskesmas Kalasan.

**Metode:** Penelitian ini merupakan penelitian *observasional analitik* dengan desain *cross sectional*. Penghitungan sampel menggunakan rumus *Lameshow* dengan jumlah total sampel 50 sampel. Pengambilan sampel dengan teknik *random sampling* dengan memperhatikan kriteria inklusi dan eksklusi. Analisa penelitian dilakukan dengan uji chi square.

**Hasil:** Hasil pengolahan dari data yang didapatkan usia perkawinan 26 -30 th adalah yang terbanyak dalam mengalami anemia berat yaitu sebanyak 8 orang (50%), kemudian diikuti dengan usia perkawinan 15-19 th sebanyak 7 orang (43,8%), P value 0,003. Kemudian status Gizi ibu dengan KEK lebih banyak mengalami anemi berat sebanyak 14 orang (87,5%), sedangkan tidak KEK kebanyakan mengalami anemia ringan yaitu sebanyak 16 orang atau 88,9%, P value 0,000.

**Kesimpulan:** terdapat hubungan yang signifikan antara usia pernikahan ibu dan status gizi ibu dengan kejadian anemia kehamilan pada primipara.

Kata Kunci: Usia pernikahan, Status Gizi, Anemia Kehamilan.

# **THE RELATIONSHIP BETWEEN MATERNAL MARRIAGE AND NUTRITIONAL STATUS AGE AND THE INCIDENCE OF PREGNANCY ANEMIA IN PRIMIPARA AT THE KALASAN HEALTH CENTER**

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## **ABSTRACT**

**Background:** Pregnancy anemia is one of the causes of maternal and infant mortality. One of the causes of pregnancy anemia is the mother's marriage age and poor nutritional status where nutritional status measurements are taken from LILA measurements.

**Purpose:** This study was aimed to determine the relationship between the age of marriage and the incidence of anemia in primipara mothers at the Kalasan Health Center.

**Method:** This study was an analytical observational study with a cross-sectional design. The sample calculation used the Lemeshow formula with a total number of up to 50 samples. The data collection used random sampling techniques by paying attention to inclusion and exclusion criteria. The analysis of the study was carried out with the chi-square test.

**Results:** The results of processing from the data obtained by the marriage age of 26-30 years were the most in experiencing severe anemia, namely 8 people (50%), followed by the marriage age of 15-19 years as many as 7 people (43.8%), P-value 0.003. Then the nutritional status of mothers with chronic energy deficiency experienced more severe anemia as many as 14 people (87.5%), while not chronic energy deficiency mainly experienced mild anemia, namely as many as 16 people or 88.9%, P-value 0.000.

**Conclusion:** There was a significant relationship between the mother's marriage age and the mother's nutritional status with the incidence of anemia in primipara.

**Keywords:** Marriage age, Nutritional Status, Pregnancy Anemia.