

**DESCRIPTION OF ANEMIA INCIDENCE IN PREGNANT WOMEN
AT THE PLERET HEALTH CENTER IN 2023**

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ABSTRACT

Background: *Pleret Community Health Center was chosen because in 2022, this Community Health Center will have the highest cases of anemia in pregnant women in Bantul Regency. Factors related to anemia include lack of iron intake, history of previous pregnancies, short birth spacing, young maternal age, and low level of education and employment status. Research*

Objective: *To determine the incidence of anemia in pregnant women at the Pleret Community Health Center in 2023.*

Method: *Quantitative research with cross-sectional design. The population consisted of 1941 pregnant women registered in the Pleret Community Health Center register book for the period 1 January – 31 December 2023. The research subjects were 207 pregnant women with anemia. Data was taken from the Puskesmas register book and analyzed descriptively.*

Results: *Of 1941 pregnant women, 207 (10.67%) experienced anemia. Distribution of anemia: mild anemia (72.46%) and moderate anemia (27.54%). The majority of anemic mothers were aged 20-35 years (84.54%), with an average age of 28.76 years. As many as 43.48% had never given birth. Nutritional status showed 86.47% were not at risk. Birth spacing was not risky in 50.24%. Third trimester gestational age at 75.84%. As many as 84.06% had no history of abortion. A total of 83.57% had higher education. Mothers are unemployed as much as 65.22%.*

Conclusion: *Anemia in pregnant women is divided into mild and moderate anemia. The majority of pregnant women are aged 20-35 years, have never given birth, are not at risk based on nutritional status and birth spacing, are in the third trimester of pregnancy, have no history of abortion, are highly educated, and are not employed.*

Keywords: *Incidence of anemia, pregnant women.*

GAMBARAN KEJADIAN ANEMIA PADA IBU HAMIL DI PUSKESMAS PLERET TAHUN 2023

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INTISARI

Latar Belakang: Puskesmas Pleret dipilih karena pada tahun 2022, Puskesmas ini memiliki kasus anemia tertinggi pada ibu hamil di Kabupaten Bantul. Faktor-faktor terkait anemia meliputi kurangnya asupan zat besi, riwayat kehamilan sebelumnya, jarak kelahiran pendek, usia ibu muda, serta tingkat pendidikan dan status pekerjaan yang rendah.

Tujuan Penelitian: Mengetahui gambaran kejadian anemia pada ibu hamil di Puskesmas Pleret tahun 2023.

Metode: Penelitian kuantitatif dengan desain cross-sectional. Populasi terdiri dari 1941 ibu hamil yang terdaftar di buku register Puskesmas Pleret periode 1 Januari – 31 Desember 2023. Subjek penelitian adalah 207 ibu hamil dengan anemia. Data diambil dari buku register Puskesmas dan dianalisis secara deskriptif.

Hasil: Dari 1941 ibu hamil, 207 (10,67%) mengalami anemia. Distribusi anemia: anemia ringan (72,46%) dan anemia sedang (27,54%). Mayoritas ibu anemia berusia 20-35 tahun (84,54%), dengan rata-rata usia 28,76 tahun. Sebanyak 43,48% belum pernah melahirkan. Status gizi menunjukkan 86,47% tidak berisiko. Jarak kelahiran tidak berisiko pada 50,24%. Usia kehamilan trimester III pada 75,84%. Sebanyak 84,06% tidak memiliki riwayat abortus. Sebanyak 83,57% berpendidikan tinggi. Ibu tidak bekerja sebanyak 65,22%.

Kesimpulan: Anemia pada ibu hamil terbagi menjadi anemia ringan dan sedang. Mayoritas ibu hamil berusia 20-35 tahun, belum pernah melahirkan, tidak berisiko berdasarkan status gizi dan jarak kelahiran, usia kehamilan trimester III, tidak memiliki riwayat abortus, berpendidikan tinggi, dan tidak bekerja.

Kata Kunci: Kejadian anemia, ibu hamil.