

SOCIAL DEMOGRAPHY ASSOCIATION RELATED TO ANEMIA IN PREGNANT MOTHERS IN SEWON DISTRICT, BANTUL DISTRICT

Septiani Risky Batari¹, I Made Alit Gunawan², Tri Siswati³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tatabumi No.3, Banyuraden,
Gamping, Sleman, Yogyakarta 55293, (0274) 617601
Email: septianirisky@gmail.com, alitgunawan@gmail.com, trisiswati14@gmail.com

ABSTRACT

Background: The prevalence of anemic pregnant women in 2018 increased by 48.9% compared to 2013 which was 37.1%. The prevalence of anemia in Bantul Regency in 2017 was 16.32%. Anemia in pregnant women is caused because iron is needed to form hemoglobin (Hb) is lacking. Many factors are related to anemia in pregnant women, one of which is socio demographic that can affect the occurrence of anemia.

Objective: To determine the socio-demographic associated with anemia in pregnant women in Sewon District, Bantul Regency.

Method: This type of research is observational by using cross sectional design. This research was conducted in Timbulharjo Village, Sewon District, Bantul Regency in December 2019. Sampling in this study were 44 pregnant women who fit the inclusion criteria. Data analysis is the data that has been obtained and then categorized then processed with the SPSS application.

Results: Most anemia status of pregnant women included in the category of no anemia (79.5%), the majority of pregnant women with high school education (43.2%), the majority of pregnant women with ANC frequency were not at risk (88.9%), parity was not at risk (61 , 4%), the age of the mother is not at risk (68.3%), the distance of the pregnancy is not at risk (75%), most pregnant women have less protein intake (72.7%), intake of vitamin C is less (50%), intake good iron (54.5%), and intake of less tannin sources (61.3%).

Conclusion: Most pregnant women are not anemic, most pregnant women have a high school education level, and do not have risks in terms of ANC frequency, parity, maternal age, pregnancy distance, and protein intake, lack of vitamin C, but good iron intake, and source intake tannin for pregnant women is still normal. Most pregnant women who have anemia with junior high school education, frequency of risky ANC, risk parity, risky age, risky pregnancy spacing, lack of protein intake, less vitamin C, less iron, and more tannin intake

Keywords: socio demographic, anemia status

KAJIAN SOSIO DEMOGRAFI BERKAITAN DENGAN ANEMIA PADA IBU HAMIL DI KECAMATAN SEWON KABUPATEN BANTUL

Septiani Risky Batari¹, I Made Alit Gunawan², Tri Siswati³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tatabumi No.3, Banyuraden,
Gamping, Sleman, Yogyakarta 55293, (0274) 617601
Email: septianirisky@gmail.com, alitgunawan@gmail.com, trisiswati14@gmail.com

ABSTRAK

Latar Belakang: Prevalensi ibu hamil anemia pada tahun 2018 meningkat sebesar 48,9% dibandingkan pada tahun 2013 sebesar 37,1%. Prevalensi anemia di Kabupaten Bantul pada tahun 2017 sebesar 16,32%. Anemia pada ibu hamil disebabkan karena zat besi yang dibutuhkan untuk membentuk Hemoglobin (Hb) kurang. Banyak faktor yang berkaitan dengan anemia pada ibu hamil, salah satunya yaitu sosio demografi yang dapat mempengaruhi kejadian anemia.

Tujuan: Mengetahui sosio demografi berkaitan dengan anemia pada ibu hamil di Kecamatan Sewon, Kabupaten Bantul.

Metode: Jenis penelitian yang digunakan adalah observasional dengan menggunakan desain *cross sectional*. Penelitian ini dilaksanakan di Desa Timbulharjo, Kecamatan Sewon, Kabupaten Bantul pada bulan Desember 2019. Pengambilan sampel pada penelitian ini sebanyak 44 ibu hamil yang sesuai dengan kriteria inklusi. Analisis data yaitu data yang telah diperoleh kemudian dikategorikan selanjutnya diolah dengan aplikasi SPSS.

Hasil Penelitian: Sebagian besar status anemia ibu hamil masuk kategori tidak anemia (79,5%), sebagian besar ibu hamil berpendidikan SMA (43,2%), sebagian besar ibu hamil frekuensi ANC tidak berisiko (88,9%), paritas tidak berisiko (61,4%), umur ibu tidak berisiko (68,3%), jarak kehamilan tidak berisiko (75%), sebagian besar ibu hamil memiliki asupan protein kurang (72,7%), asupan vitamin C kurang (50%), asupan zat besi baik (54,5%), dan asupan sumber tannin kurang (61,3%).

Kesimpulan: Sebagian besar ibu hamil tidak anemia, sebagian besar ibu hamil memiliki tingkat pendidikan SMA, serta tidak mempunyai risiko dalam hal frekuensi ANC, paritas, umur ibu, jarak kehamilan, serta asupan protein, vitamin C kurang, namun asupan zat besi baik, dan asupan sumber tannin ibu hamil masih dibatas normal. Sebagian besar ibu hamil yang mengalami anemia dengan pendidikan SMP, frekuensi ANC berisiko, paritas berisiko, umur berisiko, jarak kehamilan berisiko, asupan protein kurang, vitamin C kurang, zat besi kurang, dan asupan tanin lebih.

Kata kunci: sosio demografi, status anemia