

Gambaran Berat Bayi Lahir dan Status Anemia Ibu Hamil pada Trimester Ketiga di Puskesmas Minggir Sleman Yogyakarta

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ABSTRACT

Anemia was a common nutritional problems in pregnant women, especially in developing countries, including Indonesia. Anaemia in pregnant women causes low oxygen content of the mother's blood that affects the development and fetal growth will be hampered. The prevalence of anemia K4 Minggir districts are 10.04% above the average anemia K4 Sleman 2014 (7.44%). Infant Low Birth Weight (LBW) is a birth weight less than 2,500 grams, the average prevalence of LBW Sleman 2014 is 4.9% and the prevalence of LBW in District Minggir of 6.1%. This study aims to reveal the baby's birth weight and anemia status of pregnant women in the third trimester. This type of research is descriptive using cross sectional design. The study was conducted at the health center of Minggir Sleman Yogyakarta with 42 research subjects using secondary data there are data pregnant women and birth data in the period from January to December 2015. The results were analyzed by univariate and then do tabulation (cross tabulation). The analysis showed anemia in pregnant mothers as much as 31% with an average hemoglobin level of 11.008 g/dl and found LBW 7.1%. The percentage of pregnant women who gave birth to LBW for a group that is 7.7% anemia and anemia not as much as 6.9%. The conclusion is the percentage of pregnant women with anemia BBLR higher than pregnant women who are not anemic BBLR.

Keywords : anemia, birth weight, pregnant women

Overview Birth Weight Babies and Anemia Status on Third Trimester Pregnancy at Health Center Minggir Sleman Yogyakarta

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ABSTRAK

Anemia merupakan masalah gizi yang sering terjadi pada ibu hamil terutama di Negara berkembang termasuk Indonesia. Anemia pada ibu hamil menyebabkan rendahnya kandungan oksigen pada darah ibu yang mempengaruhi perkembangan dan pertumbuhan janin akan terhambat. Prevalensi anemia ibu hamil K4 kecamatan Minggir yaitu 10,04% diatas rata-rata anemia K4 Kabupaten Sleman 2014 (7,44%). Berat Bayi Lahir Rendah (BBLR) merupakan berat bayi kurang dari 2.500 gram, rata-rata prevalensi BBLR Kabupaten Sleman 2014 yaitu 4,9% dan prevalensi BBLR di Kecamatan Minggir sebesar 6,1%. Penelitian ini bertujuan untuk mengetahui gambaran berat bayi lahir dan status anemia ibu hamil pada trimester III. Jenis penelitian ini yaitu deskriptif menggunakan desain *cross sectional*. Penelitian dilakukan di Puskesmas Minggir Sleman Yogyakarta dengan jumlah subyek penelitian 42 orang menggunakan data sekunder yaitu data ibu hamil dan data kelahiran pada periode Januari-Desember 2015. Hasil penelitian dianalisis secara univariat kemudian dilakukan tabulasi data (*cross tabulation*). Hasil analisis menunjukkan anemia ibu hamil sebanyak 31% dengan rata-rata kadar hemoglobin 11,008 g/dl dan ditemukan BBLR 7,1%. Persentase Ibu hamil yang melahirkan BBLR untuk kelompok anemia yaitu 7,7% dan tidak anemia sebanyak 6,9%. Kesimpulannya adalah persentase ibu hamil yang anemia melahirkan BBLR lebih tinggi dibandingkan ibu hamil yang tidak anemia melahirkan BBLR.

Kata Kunci : anemia, berat bayi lahir, ibu hamil