

ABSTRAK

GAMBARAN INDEKS MASSA TUBUH (IMT), LINGKAR LENGAN ATAS (LLA) DAN KADAR HEMOGLOBIN PADA IBU HAMIL TRIMESTER I DI WILAYAH KERJA PUSKESMAS SEWON II BANTUL TAHUN 2021

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Latar belakang: Anemia merupakan salah satu penyebab kematian pada ibu hamil. Sebesar 37,1% ibu hamil menderita anemia di Indonesia. Prevalensi anemia ibu hamil di Daerah Istimewa Yogyakarta (DIY) pada tahun 2015 sebesar 14,85%. Ikatan Bidan Indonesia untuk mendeteksi anemia pada kehamilan dilakukan pemeriksaan kadar Hb ibu hamil. Pemeriksaan Hb dilakukan pertama sebelum usia kehamilan 12 minggu. Suplemen tablet zat besi (Fe) diberikan sedini mungkin. Suatu penelitian memperlihatkan perubahan konsentrasi Hb sesuai dengan bertambahnya usia kehamilan. Pada trimester I, pemeriksaan Hb dilakukan untuk screening lebih dini dan konsentrasi Hb tampak menurun pada awal kehamilan.

Tujuan: Mengetahui gambaran indeks massa tubuh, lingkaran lengan atas dan kadar hemoglobin pada ibu hamil trimester I di wilayah kerja puskesmas sewon II bantul tahun 2021.

Metode: Penelitian deskriptif dengan rancangan *cross sectional*. Populasi penelitian adalah ibu hamil trimester I sebanyak 43 orang. Pengambilan data dilakukan dengan cara mengambil data pada buku rekam medik ibu hamil. Pengolahan data dilakukan dengan program komputer dengan analisis univariat.

Hasil: Hasil penelitian menunjukkan Indeks Massa Tubuh (IMT) pada ibu hamil trimester I di Wilayah Kerja Puskesmas Sewon II Bantul sebagian besar ibu hamil trimester I dalam kategori gemuk yaitu 51.16 % dan sebagian memiliki Lingkaran Lengan Atas (LLA) cukup sebesar 76.74%. Kadar Hemoglobin sebagian besar anemia sebesar 58.13%.

Kesimpulan: Kadar hemoglobin pada ibu hamil trimester I di Wilayah Kerja Puskesmas Sewon II Bantul dalam kategori anemia.

Kata Kunci: Kadar Hemoglobin, Indeks Massa Tubuh (IMT), Lingkaran Lengan Atas (LLA)

ABSTRACT

Description Of Body Mass Index (Imt), Above Circle (Lla) And Hemoglobine Levels In Trimester I Pregnant Women In The Working Area Of The Sewon II Health Center, Bantul, 2021

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Background: Anemia is one of the causes of death in pregnant women. 37.1% of pregnant women suffer from anemia in Indonesia. The prevalence of anemia in pregnant women in the Special Region of Yogyakarta (DIY) in 2015 was 14.85%. The Indonesian Midwives Association to detect anemia in pregnancy is carried out by examining the Hb level of pregnant women. The first Hb examination was carried out before 12 weeks of gestation. Supplements of iron (Fe) tablets are given as early as possible. A study showed changes in Hb concentration according to increasing gestational age. In the first trimester, Hb examination was carried out for early screening and Hb concentrations appeared to decrease in early pregnancy.

Objective: Knowing the description of Body Mass Index (Imt), Above Circle (Lla) And Hemoglobine Levels In Trimester I Pregnant Women In The Working Area Of The Sewon II Health Center, Bantul, 2021

Methods: Descriptive research with cross sectional design. The study population was 43 human. Data was collected by retrieve data from the medical record book of pregnant women. Data processing was performed using a computer program with univariate analysis

Result: The results showed that the Body Mass Index (BMI) of the first trimester pregnant women in the Sewon II Bantul Public Health Center, most of the first trimester pregnant women were in the obese category, namely 51.16% and some of them had sufficient upper arm circumference (LLA) of 76.74%. Hemoglobin levels were mostly anemic at 58.13 %

Conclusion: Hemoglobin levels in pregnant women in the first trimester in the Sewon II Bantul Community Health Center are in the anemia category.

Keywords: Hemoglobine, Body Mass Index (Imt), Above Circle (Lla)