

ABSTRACT

THE RELATIONSHIP BETWEEN HIGH-RISK MATERNAL AGE AND THE INCIDENCE OF ANEMIA IN FIRST-TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF TURI PUBLIC HEALTH CENTER, SLEMAN REGENCY

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Background: *Pregnancy at risk ages (<20 years or >35 years) increases the risk of anemia, which can lead to miscarriage, fetal growth restriction, and delivery complications. According to WHO (2022), the global prevalence of anemia in pregnant women is 43.9%, while in Indonesia it reaches 48.9%. In Sleman, the prevalence is as high as 24.5%, indicating that anemia in pregnant women of high-risk age remains a serious public health issue.*

Objective: *To determine the association between high-risk maternal age and the incidence of anemia in first-trimester pregnant women in the working area of Turi Public Health Center, Sleman Regency, in 2024.*

Methods: *This study employed an analytical observational design with a case-control approach. The sample consisted of 130 first-trimester pregnant women, divided into 65 cases (anemic) and 65 controls (non-anemic), selected using Simple Random Sampling. Secondary data were obtained from medical records and maternal health service registers. Data analysis was conducted using the chi-square test and calculation of the odds ratio (OR).*

Results: *Most first-trimester pregnant women at Puskesmas Turi had no history of chronic diseases and had a secondary education level. Pregnant women with anemia were more likely to be employed compared to those without anemia. First-trimester pregnant women in the high-risk age group had a 2.563 times greater chance of experiencing anemia compared to those in the non-risk age group (OR = 2.563; 95% CI: 1.211–5.425; $p = 0.014$), and this association was statistically significant.*

Conclusion: *There is a significant association between high-risk maternal age and the incidence of anemia in first-trimester pregnant women in the working area of Turi Public Health Center, Sleman Regency.*

Keywords: *high-risk age, case control, pregnant women*

ABSTRAK

HUBUNGAN KEHAMILAN USIA RISIKO DENGAN KEJADIAN ANEMIA IBU HAMIL TRIMESTER I DI WILAYAH KERJA PUSKESMAS TURI KABUPATEN SLEMAN

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Latar Belakang: Kehamilan pada usia risiko (<20 tahun atau >35 tahun) meningkatkan risiko anemia, yang dapat menyebabkan keguguran, gangguan pertumbuhan janin, dan komplikasi persalinan. WHO (2022) mencatat prevalensi anemia pada ibu hamil sebesar 43,9% secara global, dan di Indonesia mencapai 48,9%. Di Sleman, prevalensinya bahkan mencapai 24,5%, menunjukkan bahwa anemia pada ibu hamil usia risiko masih menjadi masalah kesehatan yang serius.

Tujuan: Mengetahui hubungan antara kehamilan usia risiko dengan kejadian anemia ibu hamil trimester I di wilayah kerja Puskesmas Turi tahun 2024.

Metode: Penelitian ini menggunakan desain observasional analitik dengan pendekatan *case control*. Sampel terdiri dari 130 ibu hamil trimester I, yang terbagi menjadi 65 kasus (anemia) dan 65 kontrol (tidak anemia), dengan teknik *Simple Random Sampling* (Pengambilan Sampel Secara Acak Sederhana). Data diperoleh dari data sekunder berupa rekam medis dan register pelayanan kehamilan. Analisis data menggunakan uji chi-square dan perhitungan *odds ratio* (OR).

Hasil: Sebagian besar ibu hamil trimester I di Puskesmas Turi tidak memiliki riwayat penyakit kronis dan berpendidikan menengah. Ibu hamil dengan anemia lebih banyak berstatus bekerja dibandingkan yang tidak anemia. Ibu hamil trimester I yang termasuk dalam kelompok usia berisiko memiliki peluang 2,563 kali lebih besar mengalami anemia dibandingkan ibu hamil dengan usia tidak berisiko (OR = 2,563; 95% CI: 1,211–5,425; p = 0,014), dan hubungan ini signifikan secara statistik.

Kesimpulan: Terdapat hubungan yang signifikan antara kehamilan usia risiko dengan kejadian anemia pada ibu hamil trimester I di wilayah kerja Puskesmas Turi Kabupaten Sleman.

Kata Kunci: usia risiko, *case control*, ibu hamil