

DESCRIPTION OF THE LEVEL OF KNOWLEDGE ABOUT ANEMIA IN PREGNANT WOMEN AT THE SLEMAN HEALTH CENTER IN 2025

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ABSTRACT

Background : *Anemia in pregnant women remains a public health problem in Indonesia, including in the Special Region of Yogyakarta (DIY). Anemia can have adverse effects on both mother and fetus, such as increasing the risk of pregnancy and delivery complications. Various factors such as age, nutritional status, parity, occupation, education, and knowledge of pregnant women are suspected to contribute to the incidence of anemia.*

Objective : *This study aims to describe the characteristics, knowledge level, and incidence of anemia among pregnant women at Sleman Public Health Center in 2025.*

Methods : *This research is a descriptive study with a quantitative approach. The study sample consisted of pregnant women who attended antenatal care at Sleman Public Health Center in 2025. Data were collected using questionnaires and analyzed descriptively to determine the distribution of respondents' characteristics, knowledge level, and incidence of anemia.*

Results : *The results showed that the majority of pregnant women at Sleman Public Health Center were in the non-risk age group (20-35 years), had normal nutritional status, were nulliparous or primiparous, and had a secondary education level. Most pregnant women had good or adequate knowledge about anemia. The incidence of anemia among pregnant women at Sleman Public Health Center was still quite high, with the highest proportion found among those with poor knowledge. There was a tendency for pregnant women with lower knowledge levels to have a higher risk of anemia.*

Conclusion : *The level of knowledge about anemia among pregnant women at the Sleman Health Center is such that half of the pregnant women have a good level of knowledge.*

Keywords : *Anemia, Pregnant Women, Knowledge, Characteristics*

GAMBARAN TINGKAT PENGETAHUAN TENTANG ANEMIA PADA IBU HAMIL DI PUSKESMAS SLEMAN TAHUN 2025

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ABSTRAK

Latar Belakang : Anemia pada ibu hamil masih menjadi masalah kesehatan masyarakat di Indonesia, termasuk di Daerah Istimewa Yogyakarta (DIY). Anemia dapat berdampak buruk pada ibu dan janin, seperti meningkatkan risiko komplikasi kehamilan dan persalinan. Berbagai faktor seperti usia, status gizi, paritas, pekerjaan, pendidikan, dan pengetahuan ibu hamil diduga berkontribusi terhadap kejadian anemia.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan tentang anemia pada ibu hamil di Puskesmas Sleman tahun 2025.

Metode : Penelitian ini merupakan penelitian deskriptif dengan pendekatan kuantitatif. Subjek penelitian adalah ibu hamil yang melakukan pemeriksaan kehamilan di Puskesmas Sleman tahun 2025. Data dikumpulkan melalui kuesioner, kemudian dianalisis secara deskriptif untuk mengetahui distribusi karakteristik responden, tingkat pengetahuan, dan kejadian anemia.

Hasil : Hasil penelitian menunjukkan bahwa mayoritas ibu hamil di Puskesmas Sleman berada pada kelompok usia tidak berisiko (20-35 tahun), dengan status gizi normal, paritas nulipara dan primipara, serta tingkat pendidikan menengah. Tingkat pengetahuan ibu hamil tentang anemia sebagian besar berada pada kategori baik dan cukup. Prevalensi anemia pada ibu hamil di Puskesmas Sleman sebagian besar dengan pengetahuan kurang. Terdapat kecenderungan bahwa ibu hamil dengan tingkat pengetahuan yang lebih rendah memiliki risiko anemia yang lebih tinggi.

Kesimpulan : Tingkat pengetahuan tentang anemia pada ibu hamil di Puskesmas Sleman separuh ibu hamil memiliki tingkat pengetahuan dengan kategori baik.

Kata kunci : Anemia, Ibu Hamil, Tingkat Pengetahuan, Karakteristik