

HUBUNGAN KADAR HEMOGLOBIN CALON PENGANTIN DENGAN KEKURANGAN ENERGI KRONIK (KEK) WAKTU HAMIL DI PUSKESMAS SEDAYU I DAN SEDAYU II BANTUL

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INTISARI

Latar Belakang: Kekurangan energi kronik (KEK) memiliki dampak yang buruk dan sangat membahayakan bagi calon ibu hamil dan ibu hamil. Salah satu penyebab KEK adalah kelainan metabolisme karena defisiensi gizi besi (anemia). Ibu hamil yang KEK memiliki risiko anemia, perdarahan, berat badan ibu tidak bertambah secara normal, dan penyakit infeksi, serta melahirkan bayi dengan BBLR yang berdampak pada terjadinya penurunan pertumbuhan dan perkembangan, perkembangan intelektual, serta produktivitas pada anak.

Tujuan: Untuk mengetahui apakah ada hubungan kadar hemoglobin calon pengantin dengan KEK waktu hamil di Puskesmas Sedayu I dan Puskesmas Sedayu II Bantul tahun 2017.

Metode Penelitian: Penelitian ini merupakan penelitian analitik kuantitatif dengan pendekatan penelitian *retrospective study*. Variabel independen adalah kadar hemoglobin calon pengantin dan variabel dependen adalah KEK waktu hamil. Populasi sebanyak 586 ibu hamil di Puskesmas Sedayu I dan Puskesmas Sedayu II Bantul tahun 2017. Pengambilan sampel dengan teknik *proportional sampling* sebanyak 236 berdasarkan kriteria inklusi dan eksklusi.

Hasil: Analisa univariat menunjukkan distribusi frekuensi karakteristik umur mayoritas 20-35 tahun (93,2 %), pengambilan ukuran LiLA trimester 2 sebanyak 109 orang (46,2 %), catintidakanemia 104 orang (44,1 %), sedangkan catin anemia 132 orang (55,9 %), ibu hamil KEK 85 orang (36 %), sedangkan ibu hamil tidak KEK sebanyak 151 orang (64 %). Analisa bivariat dengan uji *Chi Square* didapatkan *p value* sebesar 0,00 ($< 0,05$), dengan nilai *ods ratio* (OR) 4,9.

Kesimpulan: Ada hubungan yang signifikan antara kadar hemoglobin calon pengantin dengan KEK waktu hamil.

Kata Kunci: Calon Pengantin, Kadar Hemoglobin, KEK

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THE RELATIONS BETWEEN PRE MARRIAGE HEMOGLOBIN LEVELS WITH CHRONIC ENERGY DEFICIENCY (CED) AMONG PREGNANT WOMEN AT PUSKESMAS SEDAYU I AND SEDAYU II BANTUL

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ABSTRACT

Background: Chronic energy deficiency (CED) has a bad risk and very dangerous for women and pregnant women. One of the causes of CED is a metabolism disorder because deficiency nutrition iron (anemia). Pregnant women risk having anemia, bleeding, weight mother not increase normally, and infectious diseases, and gave birth with low birth weight (LBW) resulting in a decline in growth and development, intellectual development, and productivity on child.

Objectives: To know is there any relationship between pre marriage hemoglobin levels with chronic energy deficiency (CED) when pregnancy at Puskesmas Sedayu I and Sedayu II Bantul 2017

Methods: The research is analytic quantitative research with retrospective study. The independent variable is pre marriage hemoglobin levels and dependent variable is CED when pregnancy. The population as many as 586 pregnant women at Puskesmas Sedayu I and Puskesmas Sedayu II Bantul in 2017. The sample to technique proportional sampling about 236 based on the criteria inclusion and exclusion

Results: Univariate analysis shows the distribution of the frequency of the characteristics of age to the majority of 20-35 years old (93,2 %), for the measurement of the size of mid-upper arm circumference (MUAC) at second trimester 109 people (46,2 %), pre marriage women not anemia 104 people (44,1 %), while anemia 132 people (55,9 %), CED of pregnant women 85 (36 %), while pregnant women not CED as many as 151 people in (64 %). Bivariate analysis by test chi square obtained p value as much as 0.00 (< 0.05), with a value of odds ratio (OR) 4,9.

Conclusion: A significant relation exists between pre marriage hemoglobin levels with chronic energy deficiency (CED) when pregnancy.

Key words: pre marriage women, hemoglobin levels, CED

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