

**HUBUNGAN KONSUMSI MAKANAN ZAT BESI DENGAN KEJADIAN ANEMIA
PADA IBU HAMIL DI PUSKESMAS SEI PANAS
KOTA BATAM TAHUN 2024**

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INTISARI

Anemia merupakan kondisi dimana kadar hemoglobin (Hb) dalam darah kurang dari 11 gr/dl yang terjadi pada ibu hamil. Menurut *World Health Organization* (WHO, 2023) Prevalensi anemia pada ibu hamil di Asia 49,4%, Afrika 59,1%, Amerika 28,2%, dan eropa 26,1%, di negara berkembang sekitar 40%. Prevalensi anemia di Indonesia menurut riskesdas 2018 sebanyak 48,9%. Penyebab utama anemia adalah defisiensi zat besi, khususnya terjadi pada ibu hamil yang mengalami peningkatan kebutuhan zat besi, dan penyebab lain anemia adalah kurangnya asupan zat besi dan kehilangan darah dalam jumlah yang banyak. Tujuan penelitian ini adalah untuk mengetahui Hubungan Konsumsi Makanan Zat Besi pada Ibu Hamil Di Wilayah Kerja Puskesmas Sei Panas Kota Batam Tahun 2024. Penelitian ini termasuk penelitian *observasional analitik* dengan rancangan *Cross Sectional*. Teknik pengambilan sampel yang digunakan adalah *Non-Probability Sampling* dengan teknik *accidental sampling*. jumlah sampel sebanyak 64 ibu hamil dari jumlah populasi sebanyak 1284 ibu hamil di Puskesmas Sei Panas Kota Batam. Penelitian ini didapatkan hasil kejadian anemia sebanyak 34 ibu hamil (53,1%) dan pada konsumsi makanan zat besi kurang baik 33 ibu hamil (51,6%). Hasil uji chi-square didapatkan nilai (P-value 0,000 (<0,05) sehingga H_a diterima dan H_0 ditolak. Maka disimpulkan bahwa Ada Hubungan Konsumsi Makanan Zat Besi Dengan Kejadian Anemia Pada Ibu Hamil di Puskesmas Sei Panas Kota Batam Tahun 2024. Sehingga Konsumsi makanan zat besi sangat penting bagi ibu hamil. Diharapkan pihak Puskesmas dapat mengajak keluarga untuk berpartisipasi dalam mendukung ibu hamil agar mengkonsumsi makanan kaya besi, serta pendidikan kesehatan khususnya mengenai Makanan zat besi Pada ibu hamil.

**THE RELATIONSHIP OF IRON FOOD CONSUMPTION
AND THE INCIDENT OF ANEMIA IN PREGNANT
WOMEN AT THE
SEI PANAS HEALTH CENTER, BATAM CITY, 2024**

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ABSTRACT

Anemia is a condition where the hemoglobin (Hb) level in the blood is less than 11 gr/dl which occurs in pregnant women. According to the World Health Organization (WHO, 2023), the prevalence of anemia in pregnant women in Asia is 49.4%, Africa 59.1%, America 28.2% and Europe 26.1%, in developing countries it is around 40%. According to the 2018 Riskesdas, the prevalence of anemia in Indonesia is 48.9%. The main cause of anemia is iron deficiency, especially in pregnant women who experience an increased need for iron, and other causes of anemia are lack of iron intake and large amounts of blood loss. The aim of this research is to determine the relationship between iron food consumption among pregnant women in the Sei Panas Health Center working area, Batam City in 2024. This research includes analytical observational research with a cross sectional design. The sampling technique used was Non-Probability Sampling with accidental sampling technique. The sample size was 64 pregnant women from a total population of 1284 pregnant women at the Sei Panas Community Health Center, Batam City. This research showed that the incidence of anemia was 34 pregnant women (53.1%) and 33 pregnant women (51.6%) had poor iron consumption. The chi-square test results obtained a value (P-value 0.000 (<0.05)) so that H_a was accepted and H_0 was rejected. So it was concluded that there was a relationship between iron food consumption and the incidence of anemia in pregnant women at the Sei Panas Health Center, Batam City in 2024. So Consuming iron foods is very important for pregnant women. It is hoped that the Community Health Center can invite families to participate in supporting pregnant women to consume foods rich in iron, as well as health education, especially regarding iron foods for pregnant women.