

ABSTRAK

Nazwa Septiarani, Gambaran Pengetahuan Anemia, Asupan Zat Gizi dan Kadar Hb Ibu Hamil di Wilayah Kerja Puskesmas Sapta Taruna Kota Pekanbaru. Dibimbing oleh Ibu Roziana, SST, M, Gizi

Anemia pada ibu hamil masih menjadi masalah kesehatan yang signifikan di Indonesia, termasuk di wilayah kerja Puskesmas Sapta Taruna Kota Pekanbaru. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan tentang anemia, asupan zat gizi (protein, zat besi, vitamin C, dan asam folat), serta kadar hemoglobin (Hb) pada ibu hamil. Penelitian ini menggunakan desain deskriptif dengan pendekatan cross sectional dan melibatkan 27 ibu hamil sebagai responden yang dipilih melalui teknik purposive sampling. Data dikumpulkan melalui kuesioner, food recall 2x24 jam, dan pemeriksaan kadar Hb menggunakan alat Easy Touch GCHb. Hasil penelitian menunjukkan bahwa mayoritas ibu hamil memiliki pengetahuan baik tentang anemia (66,7%), namun sebagian besar memiliki asupan zat gizi yang kurang, protein (70,4%), zat besi (88,9%), vitamin C (63%) dan asam folat (92,6%). Sebanyak 51,9% ibu hamil memiliki kadar Hb di bawah normal. Meskipun sebagian besar ibu hamil memiliki pengetahuan yang baik tentang anemia, asupan zat gizi yang kurang masih menjadi masalah utama yang dapat berkontribusi terhadap rendahnya kadar Hb. Diperlukan edukasi berkelanjutan serta intervensi gizi untuk meningkatkan status gizi ibu hamil dan mencegah anemia

Kata Kunci: anemia, ibu hamil, pengetahuan, asupan gizi, kadar hemoglobin.

ABSTRACT

Nazwa Septiarani, Knowledge Overview of Anemia, Nutrient Intake, and Hemoglobin Levels Among Pregnant Women in the Working Area of Sapta Taruna Public Health Center, Pekanbaru City. Supervised by Roziana, SST, M.Gizi

Anemia in pregnant women remains a significant public health issue in Indonesia, including in the working area of Sapta Taruna Public Health Center, Pekanbaru City. This study aims to describe the knowledge of anemia, nutrient intake (protein, iron, vitamin C, and folic acid), and hemoglobin (Hb) levels among pregnant women. A descriptive study with a cross-sectional approach was conducted involving 27 pregnant women selected through purposive sampling. Data were collected using questionnaires, 2x24-hour food recall, and Hb level measurement using the Easy Touch GCHb device. The results showed that the majority of pregnant women (66.7%) had good knowledge about anemia. However, most had inadequate nutrient intake, particularly protein (70,4%), iron (88.9%), vitamin C (63%) and folic acid (92.6%). Additionally, 51.9% of the respondents had below-normal Hb levels. Although knowledge about anemia was generally good, poor nutrient intake remains a major issue contributing to low Hb levels. Continuous education and nutritional interventions are needed to improve the nutritional status of pregnant women and prevent anemia.

Keywords: anemia, pregnant women, knowledge, nutrient intake, hemoglobin levels.