

ABSTRAK

LAILATUR RAHMAH BR DALIMUNTHER. Gambaran Faktor-Faktor Gizi dan Pengetahuan yang Berkaitan dengan Anemia pada Ibu Hamil di Puskesmas Sapta Taruna Kota Pekanbaru. Dibimbing oleh Yessi Alza, SST, M.Biomed.

Anemia pada ibu hamil merupakan masalah gizi yang umum terjadi dan berdampak pada kesehatan ibu dan janin. Penelitian ini bertujuan untuk mengetahui gambaran status gizi, asupan zat gizi (zat besi, protein, dan vitamin C), serta tingkat pengetahuan ibu hamil yang berkaitan dengan anemia. Penelitian ini menggunakan desain deskriptif dengan pendekatan *cross-sectional* pada 33 ibu hamil di Puskesmas Sapta Taruna Kota Pekanbaru. Data diperoleh melalui pengukuran LiLA (Lingkar Lengan Atas), pemeriksaan hemoglobin menggunakan *Easy Touch GCHb*, *food recall* 2x24 jam, dan kuesioner. Hasil penelitian menunjukkan bahwa 60,6% responden mengalami anemia. Sebagian besar memiliki status gizi normal, sedangkan 12,1% mengalami KEK (Kekurangan Energi Kronik). Sebanyak 97% responden mengalami defisit asupan zat besi, 87,9% defisit protein, dan 66,7% defisit vitamin C. Selain itu, mayoritas responden memiliki tingkat pengetahuan yang rendah. Hasil ini menunjukkan bahwa masih banyak ibu hamil yang defisit asupan zat besi, protein, dan vitamin C serta kurangnya pemahaman yang baik tentang anemia. Oleh karena itu, disarankan agar Puskesmas meningkatkan program yang mendorong konsumsi suplemen zat besi dan makanan bergizi.

Kata Kunci: anemia, ibu hamil, zat gizi, status gizi, pengetahuan anemia dan zat gizi

ABSTRACT

LAILATUR RAHMAH BR DALIMUNTHER. Overview of Knowledge and Factors Associated with the Incidence of Anemia in Pregnant Women at Sapta Taruna Public Health Center, Pekanbaru. Supervised by Yessi Alza, SST, M.Biomed.

Anemia in pregnant women is a common nutritional problem that affects the health of both mother and fetus. This study aimed to describe the nutritional status, nutrient intake (iron, protein, and vitamin C), and knowledge level of pregnant women related to anemia. This was a descriptive study using a cross-sectional approach involving 33 pregnant women at Sapta Taruna Public Health Center in Pekanbaru. Data were collected through Mid-upper arm circumference (MUAC) measurement, hemoglobin examination using the Easy Touch GCHb device, 2x24-hour food recall, and questionnaires. The results showed that 60.6% of respondents experienced anemia. Most had normal nutritional status, while 12.1% had chronic energy deficiency (CED). A total of 97% had inadequate iron intake, 87.9% had protein deficiency, and 66.7% had low vitamin C intake. Additionally, the majority had low knowledge levels about anemia and nutrition. These findings indicate that many pregnant women still have insufficient intake of iron, protein, and vitamin C, along with limited understanding of anemia. Therefore, it is recommended that the health center enhance programs that promote the consumption of iron supplements and nutritious food.

Keywords: anemia, pregnant women, nutrient intake, nutritional status, knowledge of anemia and nutrition