

ABSTRAK

ARIQAH ARYANTA. Gambaran Pengetahuan Ibu Hamil Tentang Anemia Di Wilayah Kerja Puskesmas Di Pekanbaru Tahun 2024. Dibimbing oleh Yolahumaroh, SKM, MPH.

Anemia pada ibu hamil merupakan salah satu masalah gizi yang berisiko menimbulkan komplikasi serius, seperti kelahiran prematur, cacat bawaan, perdarahan, hingga kematian ibu. Pengetahuan ibu hamil memiliki peran penting dalam pencegahan anemia karena mendorong terbentuknya perilaku sehat selama kehamilan. Penelitian ini bertujuan menggambarkan tingkat pengetahuan ibu hamil mengenai anemia di wilayah kerja puskesmas Kota Pekanbaru. Desain penelitian menggunakan pendekatan kuantitatif deskriptif dengan metode cross sectional. Data diperoleh secara sekunder dari kegiatan Mata Kuliah Perencanaan Program Gizi (PPG) tahun 2024. Sampel ditentukan dengan simple random sampling, melibatkan 402 ibu hamil yang diwawancarai pada 26–31 Agustus 2024. Hasil penelitian menunjukkan bahwa tingkat pengetahuan ibu hamil berkaitan dengan kejadian anemia selama kehamilan. Meskipun terdapat kendala dalam pengumpulan data, seperti adanya responden yang menolak diwawancarai, penelitian ini memberikan gambaran penting mengenai peran pengetahuan dalam pencegahan anemia. Temuan ini dapat menjadi dasar pengembangan intervensi edukasi gizi di tingkat puskesmas untuk menurunkan prevalensi anemia pada ibu hamil di Pekanbaru.

Kata Kunci : Anemia, Ibu Hamil, Pengetahuan

ABSTRACT

ARIQAH ARYANTA. Overview of Pregnant Women's Knowledge About Anemia in the Working Area of Community Health Centers (Puskesmas) in Pekanbaru in 2024. Supervised by Yolahumaroh, SKM, MPH.

Anemia in pregnant women is a nutritional problem that poses a risk of serious complications, such as preterm birth, congenital disorders, hemorrhage, and even maternal death. Maternal knowledge plays an important role in anemia prevention, as adequate understanding encourages healthy behaviors during pregnancy. This study aims to describe the level of knowledge about anemia among pregnant women in the working area of community health centers (puskesmas) in Pekanbaru City. The research applied a descriptive quantitative design with a cross-sectional approach. Data were obtained secondarily from the Nutrition Program Planning (PPG) course activity in 2024. Samples were selected using simple random sampling, involving 402 pregnant women interviewed on August 26–31, 2024. The results showed that maternal knowledge was associated with the occurrence of anemia during pregnancy. Despite several challenges in data collection, such as refusals from some respondents, this study provides important insights into the role of knowledge in anemia prevention. These findings can serve as a basis for developing nutrition education-based interventions at the community health center level to reduce the prevalence of anemia among pregnant women in Pekanbaru.

Keyword : Anemia, Pregnant Women, Knowledge