

ABSTRAK

HUBUNGAN POLA MAKAN DAN IMT DENGAN KEJADIAN ANEMIA PADA IBU HAMIL TRIMESTER III DI UPTD PUSKESMAS PAGU KABUPATEN KEDIRI

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Tingginya angka kejadian anemia pada ibu hamil menjadi masalah yang disebabkan karena pola makan yang kurang dan indeks massa tubuh (IMT) rendah. Tujuan penelitian ini adalah untuk mengetahui hubungan pola makan dan IMT dengan kejadian anemia pada ibu hamil trimester III di UPTD Puskesmas Pagu Kabupaten Kediri.

Desain penelitian ini adalah *analitik korelasional* dengan pendekatan *cross sectional*. Responden diambil dengan teknik *purposive sampling*. Populasi sebanyak 32 orang dengan sampel sebanyak 30 orang yang memenuhi kriteria inklusi dan eksklusi. Variabel independen adalah pola makan dan IMT dan variabel dependen adalah kejadian anemia pada ibu hamil trimester III. Hasil uji statistik menggunakan *spearman rank* dengan nilai $\alpha = 0,05$.

Hasil penelitian menunjukkan bahwa pola makan diketahui hampir seluruh responden sebanyak 25 (83.3%) dalam kategori baik. IMT diketahui sebagian besar responden sebanyak 17 (56.7%) dalam kategori normal. Kejadian anemia pada ibu hamil trimester III diketahui sebagian besar responden sebanyak 19 (63.3%) dalam kategori tidak anemia.

Hasil uji statistik diketahui ada hubungan pola makan dengan kejadian anemia pada ibu hamil trimester III, diperoleh nilai *p value* sebesar $0.000 < \alpha = 0,05$. Ada hubungan IMT dengan kejadian anemia pada ibu hamil trimester III, diperoleh nilai *p value* sebesar $0.000 < \alpha = 0,05$.

Berdasarkan hasil penelitian maka dapat disimpulkan bahwa ada hubungan pola makan dan IMT dengan kejadian anemia pada ibu hamil trimester III. Diharapkan agar bidan lebih intensif atau rutin memberikan informasi pada ibu hamil melalui penyuluhan, konseling tentang asupan gizi dalam pencegahan anemia.

Kata Kunci : Anemia, ibu hamil trimester III, indeks massa tubuh, pola makan

ABSTRACT

THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND BMI WITH THE INCIDENCE OF ANEMIA IN THIRD TRIMESTER PREGNANT WOMEN AT THE PAGUS COMMUNITY HEALTH CENTER KEDIRI REGENCY

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The high incidence of anemia in pregnant women is a problem caused by poor diet and low body mass index (BMI). The purpose of this study was to determine the relationship between diet and BMI with the incidence of anemia in pregnant women in their third trimester at the Pagu Community Health Center in Kediri Regency.

This study employed a correlational analytical design with a cross-sectional approach. Respondents were selected using purposive sampling. The population consisted of 32 individuals, with a sample size of 30 individuals who met the inclusion and exclusion criteria. The independent variables were dietary patterns and BMI, while the dependent variable was the incidence of anemia in pregnant women in their third trimester. Statistical analysis was performed using Spearman's rank correlation with a significance level of $\alpha = 0.05$.

The results showed that the dietary patterns of almost all respondents (25, or 83.3%) were in the good category. The BMI of most respondents (17, or 56.7%) was in the normal category. The incidence of anemia in pregnant women in their third trimester was found to be in the non-anemic category in most respondents (19, or 63.3%).

Statistical test results are known there is a relationship between dietary patterns and the incidence of anemia in pregnant women in the third trimester, with a p-value of $0.000 < \alpha = 0.05$. There is a relationship between BMI and the incidence of anemia in pregnant women in the third trimester, with a p-value of $0.000 < \alpha = 0.05$.

Based on the research results, it can be concluded that there is a relationship between dietary patterns and BMI with the incidence of anemia in pregnant women in the third trimester. It is hoped that midwives will provide more intensive or regular information to pregnant women through education and counseling on nutritional intake for the prevention of anemia.

Keywords : *Anemia, third trimester pregnant women, body mass index, diet*