

HUBUNGAN ANTARA UMUR DAN PARITAS DENGAN KEJADIAN ANEMIA IBU HAMIL TRIMESTER III DI POLIKLINIK KIA RSU PENYANGGA PERBATASAN BETUN KAB. MALAKA NTT

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ABSTRAK

Anemia defisiensi besi yaitu anemia yang terjadi karena kurang tersedianya zat besi dalam proses pembentukan eritrosit di dalam tubuh, ini dikarenakan tidak adanya cadangan zat besi sehingga pembentukan hemoglobin berkurang. Dampak anemia dalam kehamilan bukan saja pada ibu tetapi juga akan berdampak pada bayi misalnya berpengaruh pada pertumbuhan dan perkembangan janin, pembentukan selubung saraf dan sel tubuh. Tujuan penelitian ini adalah untuk mengetahui umur, paritas dengan kejadian anemia ibu hamil Trimester III.

Penelitian ini menggunakan desain pendekatan *Resrospektif*. Populasi pada penelitian ini adalah seluruh rekam medis ibu hamil bulan September-November 2024, sampel 80 orang dengan teknik sampling *Porpositive sampling*. Variabel independent yaitu usia dan paritas, dependent penelitian kejadian anemia. Instrumen penelitian menggunakan rekam medis. Uji yang digunakan dalam penelitian ini adalah *chi square*.

Hasil penelitian menunjukkan hampir setengahnya 43,5% berusia 20-35 dan > 35 tahun, hampir setengahnya 43,8% multipara, sebagian besar 52,5% ibu hamil mengalami anemia ringan, nilai Asym Sig (2-sided) $0,038 < 0,05$, sehingga HO di tolak dan HI di terima yang artinya ada hubungan antara usia dengan kejadian anemia, nilai Asym Sig (2-sided) $0,032 < 0,05$, sehingga HO di tolak dan HI di terima yang artinya ada hubungan antara paritas dengan kejadian anemia. Kesimpulan : berdasarkan hasil laporan penelitian Usia dan Paritas berhubungan dengan kejadian anemia. Saran : diharapkan ibu hamil makan makanan yang bergizi dan minum tablet Fe untuk mencegah terjadinya anemia serta ibu hamil teratur memeriksakan kehamilannya di fasilitas pelayanan kesehatan.

Kata Kunci : Usia, Paritas dan Kejadian Anemia.

**RELATIONSHIP BETWEEN AGE AND PARITY WITH THE INCIDENCE
OF ANEMIA IN THE THIRD TRIMESTER OF PREGNANT WOMEN AT
THE KIA POLYCLINIC OF THE BETUN BORDER BUILDING HOSPITAL,
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ABSTRACT

Iron deficiency anemia is anemia that occurs due to a lack of iron in the process of erythrocyte formation in the body, this is due to the absence of iron reserves so that hemoglobin formation is reduced. The impact of anemia in pregnancy is not only on the mother but will also have an impact on the baby, for example affecting the growth and development of the fetus, the formation of the nerve sheath and body cells. The purpose of this study was to determine age, parity with the incidence of anemia in pregnant women in the third trimester.

This study uses a Resrospective approach design. The population in this study were all medical records of pregnant women in September-November 2024, a sample of 80 people with a purposive sampling technique. The independent variables are age and parity, the dependent variable is the incidence of anemia. The research instrument used a medical record. The test used in this study was chi square.

The results of the study showed that almost half 43.5% were aged 20-35 and > 35 years, almost half 43.8% were multiparous, most 52.5% of pregnant women experienced mild anemia, the Asym Sig value (2-sided) 0.038 <0.05, so HO was rejected and HI was accepted which means there is a relationship between age and the incidence of anemia, the Asym Sig value (2-sided) 0.032 <0.05, so HO was rejected and HI was accepted which means there is a relationship between parity and the incidence of anemia.

Conclusion: based on the results of the research report, age and parity are related to the incidence of anemia. Suggestion: Pregnant women are expected to eat nutritious food and take iron tablets to prevent anemia and pregnant women regularly check their pregnancy at health care facilities.

Keywords: Age, Parity and Anemia Incidence.