

HUBUNGAN POLA MAKAN DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI UPT PUSKESMAS CIKELET KABUPATEN GARUT

ABSTRAK

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Kadar hemoglobin pada ibu hamil cenderung mengalami penurunan karena disebabkan terjadinya pengenceran darah sehingga pada kehamilan dapat mengalami anemia. Data di UPTD Puskesmas Cikelet pada tahun 2025 kasus anemia mencapai 14,0 % dari 327 ibu hamil, cakupan pemberian TTD 95% namun cakupan kepatuhan mencapai 61,5%. Kondisi ini dapat disebabkan oleh berbagai faktor seperti kurangnya pengetahuan ibu mengenai gizi selama kehamilan, kebiasaan pola makan yang tidak seimbang, serta kurangnya konsumsi makanan yang mengandung zat besi. Penelitian bertujuan untuk mengetahui hubungan pola makan dengan kejadian anemia pada ibu hamil. Jenis penelitian kuantitatif metode deskriptif korelasi dan pendekatan *cross sectional*. Sampel adalah seluruh ibu hamil di wilayah kerja UPT Puskesmas Cikelet pada bulan Juni 2026 berjumlah 42 orang. Data diperoleh dengan kuesioner FFQ dan pemeriksaan kadar Hb kemudian dianalisis dengan uji chi square. Hasil penelitian didapatkan gambaran pola makan ibu hamil termasuk baik (47,6%), sebagian besar tidak mengalami anemia (66,7%). Ibu hamil dengan pola makan baik lebih banyak tidak mengalami anemia, sedangkan ibu dengan pola makan kurang sebagian besar mengalami anemia. Hasil uji statistik didapatkan p value 0,011. Kesimpulan : terdapat hubungan pola makan dengan kejadian anemia pada ibu hamil di UPT Puskesmas Cikelet kabupaten Garut dengan p value 0,011. Oleh karena itu, ibu hamil disarankan untuk melakukan pemeriksaan kehamilannya secara mandiri dan mengonsumsi makanan bergizi sesuai kebutuhan, konsumsi tablet fe secara rutin sebagai upaya preventif anemia.

Kata kunci: anemia, ibu hamil, pola makan,

**THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND THE
INCIDENCE OF ANEMIA AMONG PREGNANT WOMEN AT THE
CIKELET COMMUNITY HEALTH CENTER, GARUT REGENCY**

ABSTRACT

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Hemoglobin levels in pregnant women tend to decrease due to physiological hemodilution (blood dilution), which can lead to anemia during pregnancy. Data from the Cikelet Community Health Center (UPTD Puskesmas Cikelet) in 2025 showed that anemia cases reached 14.0% out of 327 pregnant women; while the target coverage for Iron-Folic Acid (TTD) supplementation was 95%, the actual coverage achieved was 61.5%. This condition may be caused by various factors, such as a lack of maternal knowledge regarding nutrition during pregnancy, unbalanced dietary habits, and insufficient consumption of iron-rich foods. This study aimed to determine the relationship between dietary patterns and the incidence of anemia among pregnant women. It employed a quantitative research design using a descriptive-correlational method and a cross-sectional approach. The sample consisted of all pregnant women in the working area of the Cikelet Community Health Center in June 2026, totaling 42 individuals. Data were collected using a Food Frequency Questionnaire (FFQ) and hemoglobin (Hb) level examinations, then analyzed using the Chi-square test. The results showed that the dietary patterns of the pregnant women were generally good (47.6%), and the majority did not suffer from anemia (66.7%). Pregnant women with good dietary patterns were more likely not to have anemia, whereas the majority of those with poor dietary patterns did suffer from anemia. Statistical analysis yielded a p-value of 0.011. Conclusion: There is a relationship between dietary patterns and the incidence of anemia among pregnant women at the Cikelet Community Health Center, Garut Regency (p-value = 0.011). Therefore, pregnant women are advised to undergo regular prenatal check-ups, consume nutritious foods according to their needs, and take iron (Fe) tablets routinely as a preventive measure against anemia.

Keywords: anemia, pregnant women, dietary patterns