

HUBUNGAN JARAK KEHAMILAN DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS GERUNGGANG TAHUN 2026

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ABSTRAK

Latar belakang: Anemia pada ibu hamil masih menjadi masalah kesehatan karena dapat meningkatkan risiko komplikasi pada ibu dan janin. Jarak kehamilan yang terlalu pendek dapat menyebabkan cadangan zat besi dan kondisi fisiologis ibu belum pulih secara optimal setelah kehamilan, persalinan, dan menyusui sebelumnya. Tujuan: Menganalisis hubungan jarak kehamilan dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Gerunggang tahun 2026. **Metode:** Penelitian kuantitatif dengan desain analitik observasional dan pendekatan *cross-sectional*. Sampel penelitian terdiri atas 76 ibu hamil multipara yang dipilih melalui *simple random sampling*. Jarak kehamilan dihitung berdasarkan selang waktu antara persalinan terakhir dan HPHT pada kehamilan saat ini, kemudian dikategorikan menjadi tidak ideal apabila kurang dari 24 bulan dan ideal apabila sekurang-kurangnya 24 bulan. Kejadian anemia ditentukan berdasarkan kadar hemoglobin yang tercatat dalam rekam medis, dengan batas Hb <11 g/dL. Analisis menggunakan uji *Pearson Chi-Square* serta *Odds Ratio* dengan interval kepercayaan 95%. **Hasil:** Sebanyak 58 responden (76,3%) memiliki jarak kehamilan ideal dan 18 responden (23,7%) memiliki jarak kehamilan tidak ideal. Sebanyak 26 responden (34,2%) mengalami anemia dan 50 responden (65,8%) tidak mengalami anemia. Proporsi anemia pada kelompok jarak kehamilan tidak ideal sebesar 83,3%, sedangkan pada kelompok jarak kehamilan ideal sebesar 19,0%. Terdapat hubungan yang bermakna antara jarak kehamilan dengan kejadian anemia ($p < 0,001$; OR=21,36; IK95% 5,25–86,87). **Kesimpulan:** Jarak kehamilan tidak ideal berhubungan dengan peluang terjadinya anemia yang lebih tinggi pada ibu hamil. Hasil penelitian menunjukkan hubungan statistik dan tidak membuktikan hubungan sebab-akibat.

Kata kunci: anemia, hemoglobin, ibu hamil, jarak kehamilan, Puskesmas Gerunggang.

**THE RELATIONSHIP BETWEEN PREGNANCY INTERVAL AND ANEMIA
AMONG PREGNANT WOMEN IN THE WORKING AREA OF
GERUNGANG PUBLIC HEALTH CENTER IN 2026**

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ABSTRACT

Background: Anemia among pregnant women remains a health problem because it may increase the risk of maternal and fetal complications. A short pregnancy interval may prevent the mother's iron stores and physiological condition from fully recovering after the previous pregnancy, childbirth, and breastfeeding period. **Objective:** To analyze the relationship between pregnancy interval and anemia among pregnant women in the working area of Gerunggang Public Health Center in 2026. **Methods:** This study used a quantitative analytical observational design with a cross-sectional approach. The sample consisted of 76 multiparous pregnant women selected through simple random sampling. The pregnancy interval was calculated from the date of the previous delivery to the first day of the last menstrual period of the current pregnancy. It was categorized as non-ideal when it was less than 24 months and ideal when it was at least 24 months. Anemia was determined from hemoglobin levels recorded in medical records, with Hb <11 g/dL classified as anemia. Data were analyzed using the Pearson Chi-Square test and Odds Ratio with a 95% confidence interval. **Results:** A total of 58 respondents (76.3%) had an ideal pregnancy interval, while 18 respondents (23.7%) had a non-ideal pregnancy interval. Twenty-six respondents (34.2%) had anemia, while 50 respondents (65.8%) did not have anemia. The proportion of anemia was 83.3% among women with a non-ideal pregnancy interval and 19.0% among women with an ideal pregnancy interval. There was a significant relationship between pregnancy interval and anemia ($p < 0.001$; OR=21.36; 95% CI 5.25–86.87). **Conclusion:** A non-ideal pregnancy interval was associated with higher odds of anemia among pregnant women. This finding represents a statistical association and does not establish a causal relationship.

Keywords: anemia, hemoglobin, pregnancy interval, pregnant women, Gerunggang Public Health Center