

ABSTRAK

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Kehamilan meningkatkan kebutuhan zat gizi untuk mendukung pertumbuhan janin dan mempertahankan kesehatan ibu. Kekurangan status gizi dapat menghambat pembentukan hemoglobin sehingga meningkatkan risiko anemia pada ibu hamil. Anemia pada kehamilan masih menjadi masalah kesehatan yang berpotensi menimbulkan komplikasi bagi ibu maupun janin. Penelitian ini bertujuan mengetahui hubungan status gizi berdasarkan Indeks Massa Tubuh (IMT) dengan kadar hemoglobin pada ibu hamil trimester II dan III di Puskesmas Tambaksari Tahun 2026.

Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Populasi penelitian berjumlah 53 ibu hamil trimester II dan III, dengan sampel sebanyak 47 responden yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui pengukuran berat badan, tinggi badan, serta pemeriksaan kadar hemoglobin menggunakan Hb meter. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dengan tingkat signifikansi $\alpha = 0,05$.

Hasil penelitian menunjukkan sebagian besar responden memiliki status gizi normal (57,4%) dan tidak mengalami anemia (61,7%). Hasil uji Chi-Square menunjukkan nilai $p\text{-value} = 0,003$ ($p < 0,05$), yang menunjukkan adanya hubungan signifikan antara status gizi berdasarkan IMT dengan kadar hemoglobin pada ibu hamil trimester II dan III. Disimpulkan bahwa ibu hamil dengan status gizi kurang lebih berisiko mengalami anemia dibandingkan ibu dengan status gizi normal. Pemantauan status gizi dan kadar hemoglobin secara rutin diperlukan sebagai upaya pencegahan anemia pada ibu hamil.

Kata Kunci: Indeks Massa Tubuh (IMT), kadar hemoglobin, anemia, ibu hamil.

ABSTRACT

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Pregnancy increases the need for nutrients to support fetal growth and maintain maternal health. Nutritional deficiencies can inhibit hemoglobin formation, increasing the risk of anemia in pregnant women. Anemia in pregnancy remains a health problem that can potentially cause complications for both the mother and the fetus. This study aimed to determine the relationship between nutritional status, based on Body Mass Index (BMI), and hemoglobin levels in pregnant women in the second and third trimesters at the Tambaksari Community Health Center in 2026.

This study used a quantitative method with a cross-sectional design. The study population consisted of 53 pregnant women in the second and third trimesters, with a sample of 47 respondents selected using a purposive sampling technique. Data were collected through weight and height measurements, as well as hemoglobin level checks using an Hb meter. Data were analyzed univariately and bivariately using the Chi-Square test with a significance level of $\alpha = 0.05$.

*The results showed that the majority of respondents had normal nutritional status (57.4%) and did not experience anemia (61.7%). The Chi-Square test results showed a ****p-value = 0.003**** ($p < 0.05$), which indicates a significant relationship between nutritional status based on BMI and hemoglobin levels in pregnant women in the second and third trimesters. It was concluded that pregnant women with poor nutritional status were at greater risk of anemia compared to women with normal nutritional status. Routine monitoring of nutritional status and hemoglobin levels is necessary as an effort to prevent anemia in pregnant women.*

Keywords: *Body Mass Index (BMI), hemoglobin level, anemia, pregnant women.*