

HUBUNGAN PENGETAHUAN IBU HAMIL DAN PRAKTIK BUDAYA LOKAL DALAM KONSUMSI MAKANAN DENGAN KEJADIAN ANEMIA DI WILAYAH KERJA PUSKESMAS CIAMIS TAHUN 2026

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ABSTRAK

Anemia pada ibu hamil masih menjadi masalah kesehatan masyarakat karena meningkatkan risiko komplikasi pada ibu dan janin. Pengetahuan mengenai gizi dan anemia serta praktik budaya lokal dalam konsumsi makanan diduga memengaruhi kejadian anemia selama kehamilan. Penelitian ini bertujuan mengetahui hubungan pengetahuan ibu hamil dan praktik budaya lokal dalam konsumsi makanan dengan kejadian anemia di wilayah kerja Puskesmas Ciamis Tahun 2026. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 62 ibu hamil, dengan teknik total sampling sehingga seluruh populasi dijadikan responden. Data pengetahuan dan praktik budaya lokal dikumpulkan menggunakan kuesioner, sedangkan data kejadian anemia diperoleh dari hasil pemeriksaan kadar hemoglobin. Analisis data dilakukan secara univariat dan bivariat menggunakan *Fisher-Freeman-Halton Exact Test* serta *Pearson Chi-Square* dengan tingkat kemaknaan 5%. Hasil penelitian menunjukkan bahwa 33 responden (53,2%) memiliki pengetahuan kategori baik, 33 responden (53,2%) memiliki praktik budaya lokal kategori tidak mendukung, dan 46 responden (74,2%) tidak mengalami anemia. Analisis bivariat menunjukkan terdapat hubungan signifikan secara statistik antara pengetahuan ibu hamil tentang gizi dan anemia dengan kejadian anemia ($p = 0,000$), sedangkan praktik budaya lokal dalam konsumsi makanan tidak berhubungan dengan kejadian anemia ($p = 0,764$). Disimpulkan bahwa pengetahuan ibu hamil berhubungan dengan kejadian anemia, sedangkan praktik budaya lokal dalam konsumsi makanan tidak berhubungan dengan kejadian anemia. Hasil penelitian ini dapat menjadi dasar penguatan edukasi gizi dan pencegahan anemia pada ibu hamil.

Kata Kunci: anemia, gizi, ibu hamil, pengetahuan, praktik budaya lokal.

**THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S
KNOWLEDGE AND LOCAL CULTURAL PRACTICES IN FOOD
CONSUMPTION WITH THE INCIDENCE OF ANEMIA
IN THE WORKING AREA OF CIAMIS PUBLIC
HEALTH CENTER IN 2026**

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ABSTRACT

Anemia in pregnancy remains a public health concern because it increases the risk of complications for both the mother and the fetus. Maternal knowledge regarding nutrition and anemia, as well as local cultural practices related to food consumption, are considered factors that may influence the occurrence of anemia during pregnancy. This study aimed to determine the relationship between pregnant women's knowledge and local cultural food practices with the incidence of anemia in the working area of Ciamis Community Health Center in 2026. This quantitative study employed a cross-sectional design. The study population consisted of 62 pregnant women, and total sampling was applied, resulting in 62 respondents. Data on knowledge and local cultural practices were collected using structured questionnaires, while anemia status was obtained from hemoglobin examination results. Data were analyzed using univariate analysis and bivariate analysis with the Fisher-Freeman-Halton Exact Test and Pearson Chi-Square at a significance level of 5%. The results showed that 33 respondents (53.2%) had good knowledge, 33 respondents (53.2%) had local cultural practices that did not support adequate nutrition, and 46 respondents (74.2%) were not anemic. Bivariate analysis revealed a significant relationship between maternal knowledge of nutrition and anemia and the incidence of anemia ($p = 0.000$), whereas local cultural food consumption practices were not significantly associated with anemia ($p = 0.764$). It can be concluded that maternal knowledge is associated with the incidence of anemia, while local cultural food consumption practices are not. These findings may serve as a basis for strengthening nutrition education and anemia prevention programs among pregnant women.

Keywords: anemia, local cultural practices, nutrition, pregnant women, knowledge.