Hubungan Status Gizi Ibu Hamil dengan Kejadian Anemia di Wilayah Kerja Puskesmas Cikelet Kabupaten Garut Tahun 2026

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ABSTRAK

Anemia masih menjadi masalah kesehatan yang bisa meningkatkan risiko komplikasi maternal dan perinatal. Saat hamil, kebutuhan zat gizi meningkat karena ibu harus memenuhi kebutuhan dirinya sendiri dan janin. Status gizi yang kurang dapat menyebabkan kekurangan zat yang berperan dalam pembentukan hemoglobin.

Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross sectional*. Populasi sekaligus sampel penelitian berjumlah 51 ibu hamil trimester I yang menggunakan teknik *total sampling*. Status gizi diukur menggunakan LILA untuk menentukan risiko KEK, sedangkan anemia ditentukan berdasarkan kadar hemoglobin.

Hasil penelitian menunjukkan 11 responden (21,6%) mengalami KEK dan 16 responden (31,4%) mengalami anemia. Sebagian besar ibu hamil dengan KEK mengalami anemia (90,9%), sedangkan mayoritas ibu hamil yang tidak mengalami KEK tidak mengalami anemia (85,0%). Hasil uji Chi-Square menunjukkan $\chi^2 = 23{,}090$; $p = 0{,}000$.

Disimpulkan bahwa status gizi berhubungan signifikan dengan kejadian anemia pada ibu hamil trimester I, dibuktikan dengan value (0,000) < α (0,005) yang artinya Ha diterima. Maka, pemantauan status gizi serta pemeriksaan hemoglobin perlu ditingkatkan sebagai upaya deteksi dini dan pencegahan anemia pada ibu hamil

Kata Kunci : anemia, ibu hamil, status gizi

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The Relationship Between The Nutritional Status Of Pregnant Women And The Incidence Of Anemia In The Working Area Of Cikelet Public Health Center, Garut Regency, 2026

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ABSTRACT

Anemia remains a significant public health problem that increases the risk of maternal and perinatal complications. During pregnancy, nutritional requirements increase because mothers must meet both their own nutritional needs and those of the developing fetus. Poor nutritional status may lead to deficiencies of essential nutrients involved in hemoglobin formation, thereby increasing the risk of anemia.

This study employed a quantitative correlational design with a cross-sectional approach. The population and sample consisted of 51 first-trimester pregnant women selected using a total sampling technique. Nutritional status was assessed using Mid-Upper Arm Circumference (MUAC) to determine the risk of Chronic Energy Deficiency (CED), while anemia was identified based on hemoglobin (Hb) levels.

The results showed that 11 respondents (21.6%) experienced CED and 16 respondents (31.4%) had anemia. Most pregnant women with CED were anemic (90.9%), whereas the majority of those without CED were not anemic (85.0%). The Chi-Square test showed $\chi^2 = 23.090$ with a *p*-value of 0.000.

It was concluded that nutritional status was significantly associated with the incidence of anemia among first-trimester pregnant women, as evidenced by a *p*-value of 0.000, which was lower than the significance level ($\alpha = 0.005$), indicating that the alternative hypothesis was accepted. Therefore, regular nutritional assessment and hemoglobin screening should be strengthened to support early detection and prevention of anemia during pregnancy.

Keywords: anemia, pregnant women, nutritional status.