

GAMBARAN ANEMIA PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS KALASAN

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ABSTRAK

Abstrak: Prevalensi anemia di Negara berkembang 37,1%-75%. Anemia merupakan faktor penting dalam kehamilan karena berhubungan dengan kejadian morbiditas ataupun mortalitas pada ibu dan janin. Tujuan penelitian adalah untuk mengetahui karakteristik ibu hamil dengan anemia. Penelitian deskriptif. Populasi dalam penelitian ibu hamil dengan anemia di wilayah kerja Puskesmas Kalasan. Sampel 58 ibu hamil dengan kriteria inklusi ibu hamil anemia, tidak ada penyakit penyerta. Kriteria eksklusi: tidak mau menjadi responden. Pengumpulan data menggunakan kuesioner data sosio demografi (umur, pendidikan, pekerjaan, data obstetrik (paritas, riwayat anemia). Hasil: gambaran ibu hamil dengan anemia 49 (84,5%) responden rentang usia tidak berisiko, 51 (88%) dengan pendidikan tinggi, 35 (60%) responden dengan paritas multigravida, 54 (93%) tidak memiliki riwayat anemia sebelumnya.

Abstract: prevalence of anemia in developing countries is 37.1% -75%. Anemia is an important factor in pregnancy because it is associated with the incidence of morbidity or mortality in the mother and fetus. The purpose of this study is to determine the characteristics of pregnant women with anemia. Descriptive research. Population in the study was pregnant women with anemia in the working area of the Kalasan Community Health Center. Sample 58 pregnant women with inclusion criteria anemia in pregnant women, there were no accompanying diseases. Exclusion criteria: do not want to be a respondent. Data collection using socio demographic data questionnaires (age, education, occupation, obstetric data (parity, history of anemia). Results: description of pregnant women with anemia 49 (84.5%) respondents at no risk age range, 51 (88%) with higher education, 35 (60%) respondents with multigravida parity, 54 (93%) had no history of previous anemia.

A. LATAR BELAKANG

Kehamilan merupakan proses fisiologis dimana pada masa kehamilan terjadi perubahan baik fisik maupun psikologis. Perubahan fisik yang sering terjadi salah satunya adalah perubahan pada sirkulasi darah yang dapat menyebabkan hemodilusi. Anemia pada kehamilan merupakan salah satu kelainan dalam kehamilan terutama di negara berkembang. World Health Organization (WHO) memperkirakan lebih dari 30% wanita hamil mengalami anemia dan penyebabnya karena anemia defisiensi besi atau defisiensi asam folat (1).

Klasifikasi anemia menurut WHO (2) adalah ringan (10-11,9gr%), sedang (7-9,9gr%) dan berat (< 7 gr%). Secara fisiologis anemia pada ibu hamil adalah karena terjadinya perubahan volume plasma dimulai pada 6 minggu kehamilan, dimana sel darah merah tidak bertambah, sehingga menyumbang penurunan fisiologis konsentrasi Hb (3).

Prevalensi anemia di setiap Negara berbeda dengan kisaran 41,8%. Di Amerika prevalensi mulai terendah 5-5 % sedangkan di Gambia prevalensi tertinggi mencapai 75% (4). Prevalensi anemia di Indonesia 37,1% (5). Kejadian anemia bisa terjadi sebelum hamil atau terjadi saat kehamilan. Anemia dalam kehamilan disebabkan karena

defisiensi besi dan berhubungan dengan pola nutrisi yang rendah akan zat besi (6).

Anemia merupakan faktor penting dalam kehamilan karena berhubungan dengan kejadian morbiditas ataupun mortalitas pada ibu dan janin. Faktor risiko anemia antara lain umur, riwayat anemia pada kehamilan sebelumnya, sosial ekonomi (6) (7). Penelitian Abbrha et al (2014) didapatkan paritas, frekuensi makan dan konsumsi daging kurang dari 1 kali/ minggu merupakan faktor risiko anemia (8).

Dampak dari anemia antara lain persalinan prematur, bayi berat lahir rendah, sedangkan pada ibu anemia akan berdampak pada 20-40% terhadap kejadian kematian ibu seperti kegagalan jantung, pre eklamsia, perdarahan postpartum dan infeksi postpartum (7). Penelitian Abu-aouf (2015) di dapatkan bahwa anemia berdampak terhadap ibu dan janin. Pada Janin akan menyebabkan risiko infeksi perinatal, perkembangan janin terhambat/IUGR, BBLR. Sedangkan dampak anemia pada ibu antara lain preeklamsia, perdarahan (9).

Sosial ekonomi merupakan salah satu faktor yang berpengaruh terhadap kejadian anemia pada ibu. Kondisi sosial ekonomi memiliki kaitan yang erat dengan masalah kesehatan. Kondisi sosial ekonomi yang rendah akan

Gambaran Karakteristik Ibu Hamil Dengan Anemia Di Desa

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Gambaran Karakteristik Ibu Hamil Dengan Anemia Di Desa:

Proceedings of the 1st Lawang Sewu International Symposium 2022 on Health Sciences (LSISHS 2022) Satriya Pranata,Purnomo Purnomo,Sri Rejeki,Yanuan Ben Olina,2023-04-16 This is an open access book 1st Lawang Sewu International Symposium 2022 on Health Sciences is an annual international symposium held by Universitas Muhammadiyah Semarang Symposium was held on November 28 2022 in Semarang Central Java Indonesia by online Lecturers professionals researches and students are invited in 1st Lawang Sewu International Symposium 2022 on Health Sciences for discussion Study focused on Health Sciences are welcome The submitted papers must meet the criteria including originality novelty not yet published and must be written in English language Symposium will be held through online due to Covid 19 pandemic situation

Whispering the Strategies of Language: An Psychological Quest through **Gambaran Karakteristik Ibu Hamil Dengan Anemia Di Desa**

In a digitally-driven world wherever displays reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases often move unheard. Yet, nestled within the pages of **Gambaran Karakteristik Ibu Hamil Dengan Anemia Di Desa** a captivating literary prize pulsing with organic emotions, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, that wonderful opus invites readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the material of every word. Within the psychological depths with this moving evaluation, we shall embark upon a sincere exploration of the book is primary styles, dissect its interesting publishing design, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

https://cmsemergencymanual.iom.int/results/uploaded-files/Documents/aspho_fields_gears_of_war_1_karen_traviss.pdf

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