

**PROGRAM STUDI S1 KEBIDANAN DAN PROFESI BIDAN FAKULTAS
KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

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DETERMINAN ANEMIA PADA IBU HAMIL DI BLUD UPT PUSKESMAS SOSA JULU

Abstrak

Anemia pada ibu hamil merupakan masalah kesehatan serius yang memerlukan identifikasi faktor determinan. Penelitian ini bertujuan menganalisis determinan anemia di BLUD UPT Puskesmas Sosa Julu. Desain cross-sectional dengan sampel 44 ibu hamil trimester III. Pengumpulan data melalui observasi, dianalisis secara univariat dan bivariat menggunakan uji Spearman. Hasil menunjukkan hubungan signifikan antara tingkat pendidikan ($p=0,025$), status gizi ($p=0,024$), kepatuhan konsumsi tablet Fe ($p=0,006$), dan pengetahuan ($p=0,029$) dengan kejadian anemia. Kepatuhan konsumsi tablet Fe menunjukkan korelasi tertinggi ($r=-0,283$). Variabel paritas, pekerjaan, dan status ekonomi tidak berhubungan signifikan. Disimpulkan bahwa promosi kesehatan perlu ditingkatkan untuk meningkatkan kepatuhan dan pemahaman ibu hamil tentang konsumsi tablet Fe. Rekomendasi: meningkatkan program pendampingan dan monitoring konsumsi tablet Fe, serta mengembangkan edukasi kesehatan tentang gizi seimbang selama kehamilan.

Kata Kunci: Anemia, Ibu Hamil, Determinan, Tablet Fe, Puskesmas Sosa Julu
Referensi: (2011 – 2025)

**S1 MIDWIFERY STUDY PROGRAM FACULTY OF HEALTH AND
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Final Project, July 2025

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**DETERMINANTS OF ANEMIA IN PREGNANT WOMEN AT BLUD UPT PUSKESMAS
SOSA JULU**

Abstract

Anemia in pregnant women is a serious health problem that requires identification of its determinants. This study aims to analyze the determinants of anemia at BLUD UPT Puskesmas Sosa Julu. A cross-sectional design was used with a sample of 44 third-trimester pregnant women. Data collection was conducted through observation and analyzed using univariate and bivariate analysis with Spearman test. The results showed significant relationships between education level ($p=0.025$), nutritional status ($p=0.024$), adherence to iron tablet consumption ($p=0.006$), and knowledge ($p=0.029$) with the incidence of anemia. Adherence to iron tablet consumption showed the highest correlation ($r=-0.283$). Variables of parity, occupation, and economic status showed no significant relationships. It is concluded that health promotion needs to be enhanced to improve adherence and understanding of pregnant women regarding iron tablet consumption. Recommendations include enhancing mentoring programs and regular monitoring of iron tablet consumption, as well as developing comprehensive health education about balanced nutrition during pregnancy.

Keywords: Anemia, Pregnant Women, Determinants, Fe Tablets,

Reference: (2011 – 2025)