

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS**

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**Hammadah, No. BP. 1210332040**

**HUBUNGAN ASUPAN GIZI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL  
DI WILAYAH KERJA PUSKESMAS LUBUK BUAYA KOTA PADANG TAHUN  
2016**

xii + 75 halaman, 19 tabel, 4 gambar, 8 lampiran

**ABSTRAK**

**Tujuan**

Anemia pada ibu hamil hingga saat ini masih menjadi masalah kesehatan masyarakat dan banyak terjadi khususnya di negara-negara miskin dan berkembang termasuk Indonesia. Tujuan penelitian ini untuk mengetahui hubungan asupan gizi dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Lubuk Buaya Kota Padang Tahun 2016.

**Metode**

Penelitian ini merupakan penelitian analitik dengan menggunakan desain *cross-sectional* yang dilakukan di Wilayah Kerja Puskesmas Lubuk Buaya Kota Padang dari April 2016- Agustus 2016. Sampel terdiri dari 58 orang ibu hamil. Pengambilan sampel dilakukan dengan teknik *Systematic Random Sampling*. Data diolah menggunakan SPSS melalui uji *Independent Sample T-Test* untuk variabel bivariat dengan 95%CI ( $\alpha=0,05$ ).

**Hasil**

Hasil penelitian menunjukkan bahwa kejadian anemia pada ibu hamil sebesar (60,3%), jumlah rata-rata asupan protein (105,06 g), asupan zat besi (18,55 mg), asupan zink (6,68 mg), asupan vitamin C (108,19 mg), dan asupan vitamin B<sub>12</sub> (5,78 mcg). Berdasarkan hasil uji statistik diketahui bahwa terdapat perbedaan bermakna antara asupan protein ( $p\text{-value}=0,021$ ), zat besi ( $p\text{-value}=0,000$ ), zink ( $p\text{-value}=0,005$ ), dan vitamin C ( $p\text{-value}=0,021$ ), dan vitamin B<sub>12</sub> ( $p\text{-value}=0,016$ ) dengan kejadian anemia.

**Kesimpulan**

Asupan protein, zat besi, zink, vitamin C dan vitamin B<sub>12</sub> berhubungan dengan kejadian anemia pada ibu hamil. Untuk itu, disarankan kepada ibu hamil untuk dapat meningkatkan asupan gizi, khususnya sumber zat besi guna mencegah terjadinya anemia selama kehamilan.

**Daftar Pustaka** : 68 (1989-2015)

**Kata Kunci** : Anemia, Asupan Gizi, Ibu Hamil

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**Hammadah, No. BP. 1210332040**

**RELATIONSHIP OF NUTRITIONAL INTAKE WITH INCIDENCE OF ANEMIA  
IN PREGNANT IN WORK AREA LUBUK BUAYA HEALTH CENTER PADANG  
IN 2016**

xii + 75 pages, 19 tables, 4 figures, 8 appendices

**ABSTRACT**

**Objective**

Anemia in pregnant women is still a public health problem and occur especially in the poor and developing countries, including Indonesia. The purpose of this study to determine the relationship of nutritional intake with the incidence of anemia among pregnant women in Work Area Lubuk Buaya Health Center Padang in 2016.

**Method**

This study was an analytical study using cross-sectional design conducted in Work Area Lubuk Buaya Health Center from April 2016 to August 2016. The sample consisted of 58 pregnant women. Sampling was done by Systematic Random Sampling technique. The data were processed using SPSS through the test of Independent Sample T-Test for bivariate variables with 95% CI ( $\alpha = 0.05$ ).

**Result**

The results showed that the incidence of anemia among pregnant women was (60,3%), the average amount of protein intake (105,06 g), intake of iron (18,55 mg), intake of zinc (6,68 mg), intake of vitamin C (108,19 mg), and intake of vitamin B<sub>12</sub> (5,78 mcg). Based on the statistical test known that there is a significant difference between protein intake (p-value=0,021), iron (p-value = 0.000), zinc (p-value =0.005), vitamin C (p-value =0.021), and vitamin B<sub>12</sub> (p-value=0,016) with the incidence of anemia.

**Conclusion**

The intake of protein, iron, zinc, vitamin C and vitamin B<sub>12</sub> associated with the incidence of anemia among pregnant women. Therefore, it is recommended to pregnant women to improve the nutritional intake, particularly good sources of iron to prevent anemia during pregnancy.

**References** : 68 (1989-2015)

**Keywords** : Anemia, Nutritional Intake, Pregnant