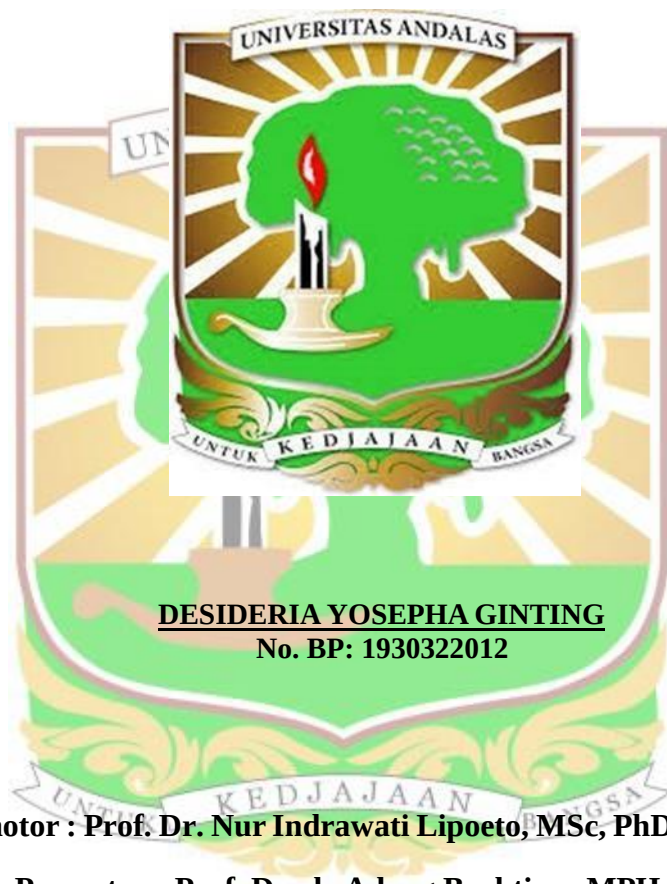


DISERTASI

**PENCEGAHAN ANEMIA POSTPARTUM BERBASIS MODEL
KEARIFANLOKAL MASYARAKAT ETNIS KARO
DI KABUPATEN DELI SERDANG**



DESIDERIA YOSEPHA GINTING

No. BP: 1930322012

Promotor : Prof. Dr. Nur Indrawati Lipoeto, MSc, PhD., SpGK

Co Promotor : Prof. Dr. dr. Adang Bachtiar., MPH., DSc

Co Promotor : Dr. Dr. dr. Joserizal Serudji, Sp. OG (K)-FM

**PROGRAM STUDI KESEHATAN MASYARAKAT PROGRAM DOKTOR
FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS
PADANG 2025**

**PENCEGAHAN ANEMIA POSTPARTUM BERBASIS MODEL
KEARIFAN LOKAL MASYARAKAT ETNIS KARO DI KABUPATEN
DELI SERDANG**

DESIDERIA YOSEPHA GINTING

NO BP: 1930322012

Fakultas Kedokteran, Universitas Andalas

Email: desideriayosepha.ginting@gmail.com

Dibawah bimbingan: Prof. Dr. Nur Indrawati Lipoeto, MSc, PhD., SpGKCo, Prof. Dr. dr. Adang Bachtiar., MPH., DSc, Dr. Dr. dr. Joserizal Serudji, Sp. OG (K)-FM

ABSTRAK

Anemia postpartum merupakan masalah kesehatan ibu yang berdampak pada morbiditas, mortalitas, serta kualitas hidup ibu dan bayi. Penelitian ini bertujuan menghasilkan model DESI (Dayagunakan Kearifan Lokal, Efektivitas Komunikasi, dan Rakut Sitelu) dalam pencegahan anemia postpartum berbasis kearifan lokal masyarakat etnis Karo di Kabupaten Deli Serdang. Penelitian ini menggunakan pendekatan *mixed methods*. Penelitian kualitatif melibatkan 9 orang informan yaitu: ibu anemia postpartum, bidan dan tokoh masyarakat di wilayah Kerja Puskesmas Bandar Baru, Kutalimbaru dan Talun Kenas. Penelitian kuantitatif melibatkan 100 orang ibu postpartum dengan anemia postpartum di sepuluh wilayah kerja puskesmas. Hasil analisis menunjukkan penerapan kearifan lokal masih kuat berupa pantangan makan serta kebiasaan mengunyah tembakau berpengaruh terhadap anemia postpartum, dan variabel kearifan lokal memiliki pengaruh paling besar terhadap anemia postpartum dengan nilai $OR = 49,758$ yang berarti kearifan lokal memiliki pengaruh 49,758 kali terhadap anemia postpartum setelah dikontrol dengan usia. Sedangkan usia memiliki nilai $OR = 16,910$ yang berarti usia memiliki pengaruh 16,910 kali terhadap anemia postpartum setelah dikontrol oleh paritas yang memiliki $OR = 14,891$ yang berarti paritas memiliki pengaruh 14,891 kali terhadap anemia postpartum. Modul yang dikembangkan layak dan efektif berdasarkan penilaian pakar serta uji statistik *Aiken's V* yaitu 0,875-1. Hasil analisis tahap implementasi menunjukkan peningkatan signifikan faktor pengetahuan dan sikap terhadap pemanfaatan kearifan lokal Karo terhadap pencegahan anemia postpartum setelah dilakukan intervensi edukasi. Model DESI dapat diimplementasikan dalam pelayanan kebidanan dan direkomendasikan sebagai strategi preventif pada program kesehatan ibu di Indonesia.

Kata Kunci: Pencegahan, Anemia Postpartum, Kearifan Lokal, model DESI

**POSTPARTUM ANEMIA PREVENTION BASED ON THE LOCAL
WISDOM MODEL OF THE KARO ETHNIC COMMUNITY IN DELI
SERDANG REGENCY**

DESIDERIA YOSEPHA GINTING

NO BP: 1930322012

Faculty of Medicine, Universitas Andalas
Email: desideriayosepha.ginting@gmail.com

Supervised by: Prof. Dr. Nur Indrawati Lipoeto, MSc, PhD., SpGKCo, Prof. Dr.
dr. Adang Bachtiar., MPH., DSc, Dr. Dr. dr. Joserizal Serudji, Sp.OG (K)-FM

ABSTRACT

Postpartum anemia is a maternal health problem that affects morbidity, mortality, and the quality of life of both mothers and infants. This study aims to develop the DESI model (Utilization of Local Wisdom, Communication Effectiveness, and *Rakut Sitelu*) for the prevention of postpartum anemia based on the local wisdom of the Karo ethnic community in Deli Serdang Regency. The study employed a mixed-methods approach. The qualitative component involved nine informants, namely postpartum mothers with anemia, midwives, and community leaders in the working areas of Bandar Baru, Kutalimbaru, and Talun Kenas Public Health Centers. The quantitative component included 100 mothers with postpartum anemia across ten public health center service areas. The analysis revealed that cultural practices, particularly dietary restrictions and the habit of chewing tobacco, significantly influence postpartum anemia. The cultural variable demonstrated the strongest effect on postpartum anemia, with an Odds Ratio (OR) of 49.758, indicating that culture increases the likelihood of postpartum anemia by 49.758 times after controlling for age. Age showed an Odds Ratio (OR) of 16.910, meaning that age increases the likelihood of postpartum anemia by 16.910 times after being controlled by parity. Parity had an Odds Ratio (OR) of 14.891, indicating that parity increases the likelihood of postpartum anemia by 14.891 times. The developed module was deemed feasible and effective based on expert assessment and Aiken's V statistical test, which ranged from 0.875 to 1. The implementation-phase analysis demonstrated a significant increase in knowledge and attitudes toward the use of Karo cultural wisdom in preventing postpartum anemia following the educational intervention. The DESI model can be implemented in midwifery services and is recommended as a preventive strategy in maternal health programs in Indonesia.

Keywords: Prevention, Postpartum Anemia, Local Wisdom, DESI Model