

SKRIPSI

**HUBUNGAN GAYA HIDUP DENGAN KEJADIAN ANEMIA
PADA IBU HAMIL DI PUSKESMAS PEGAMBIRAN
KOTA PADANG**

Penelitian Keperawatan Maternitas



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Hubungan Gaya Hidup dengan Kejadian Anemia pada Ibu Hamil di Puskesmas Pegambiran Kota Padang

ABSTRAK

Anemia pada ibu hamil masih menjadi masalah kesehatan masyarakat karena memiliki prevalensi yang tinggi serta berisiko menimbulkan komplikasi bagi ibu maupun janin. Puskesmas Pegambiran merupakan salah satu wilayah dengan jumlah kasus anemia ibu hamil tertinggi di Kota Padang. Salah satu faktor yang diduga berhubungan dengan kejadian anemia adalah gaya hidup. Penelitian ini bertujuan untuk menganalisis hubungan gaya hidup dengan kejadian anemia pada ibu hamil di Puskesmas Pegambiran Kota Padang. Jenis Penelitian ini yaitu kuantitatif menggunakan desain korelasi dengan pendekatan *cross-sectional*. Sampel berjumlah 110 ibu hamil yang dipilih menggunakan teknik *purposive sampling*. Data gaya hidup dikumpulkan menggunakan kuesioner Health Promoting Lifestyle Profile II (HPLP-II), sedangkan data kadar hemoglobin diperoleh dari dokumentasi hasil pemeriksaan laboratorium. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Spearman Rho*. Hasil penelitian menunjukkan median skor gaya hidup sebesar 105 dan median kadar hemoglobin sebesar 11,00 g/dL, sebesar 38,2% responden mengalami anemia, sedangkan 61,8% responden tidak mengalami anemia. Uji *Spearman Rho* didapatkan ($p=0,000$; $r=0,361$) menunjukkan terdapat hubungan yang bermakna antara gaya hidup dengan kadar hemoglobin pada ibu hamil, dengan arah hubungan positif dan kekuatan hubungan lemah. Hal ini menunjukkan gaya hidup berkontribusi terhadap kejadian anemia namun bukan satu-satunya faktor yang memengaruhi. Diharapkan pihak puskesmas melakukan upaya untuk mendorong penerapan gaya hidup sehat selama kehamilan seperti edukasi nutrisi selama kehamilan, aktifitas yang aman selama kehamilan, dan teknik manajemen stress serta penerapan kelas senam hamil.

Kata Kunci : Anemia, Gaya Hidup, Ibu Hamil, Kadar Hemoglobin.

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The Relationship Between Lifestyle and the Incidence of Anemia Among Pregnant Women at Pegambiran Public Health Center, Padang City

ABSTRACT

Anemia among pregnant women remains a public health problem due to its high prevalence and the risk of complications for both the mother and fetus. Pegambiran Public Health Center is one of the areas with the highest number of anemia cases among pregnant women in Padang City. One of the factors suspected to be associated with the incidence of anemia is lifestyle. This study aimed to analyze the relationship between lifestyle and the incidence of anemia among pregnant women at Pegambiran Public Health Center, Padang City. This study employed a quantitative research design using a correlational method with a cross-sectional approach. A total of 110 pregnant women were selected using purposive sampling. Lifestyle data were collected using the Health-Promoting Lifestyle Profile II (HPLP-II) questionnaire, while hemoglobin level data were obtained from documented laboratory examination results. Data were analyzed using univariate and bivariate analyses with the Spearman's rho test. The results showed that the median lifestyle score was 105 and the median hemoglobin level was 11.00 g/dL. The Spearman's rho test showed ($p = 0.000$; $r = 0.361$), indicating a significant relationship between lifestyle and hemoglobin levels among pregnant women, with a positive direction and weak correlation strength. This indicates that lifestyle contributes to the occurrence of anemia, though it is not the sole influencing factor. The Pegambiran Public Health Center is expected to optimize efforts to encourage the adoption of healthy lifestyles during pregnancy, such as providing education on prenatal nutrition, safe physical activity, and stress management techniques, as well as organizing prenatal exercise classes.

Keywords : Anemia, Lifestyle, Pregnant Women, Hemoglobin Level.

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