



UNIVERSITAS ANDALAS

**HUBUNGAN USIA IBU, KUNJUNGAN *ANTENATAL CARE* (ANC), DAN
ASUPAN ZAT BESI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL
TRIMESTER II DAN III DI WILAYAH KERJA PUSKESMAS
PAGAMBIRAN TAHUN 2026**

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**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan
Gelar Sarjana Gizi**

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2026

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Skripsi, Juni 2026

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x + 76 halaman, 7 tabel, 2 gambar, 8 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui hubungan usia ibu, kunjungan *antenatal care* (ANC), dan asupan zat besi dengan kejadian anemia di wilayah kerja Puskesmas Pagambiran tahun 2026.

Metode

Penelitian menggunakan metode kuantitatif dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *consecutive sampling* dan diperoleh 72 responden trimester II dan III. Pengumpulan data menggunakan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), kuesioner terstruktur, serta pemeriksaan Hb menggunakan alat digital portabel bermerek sinocare. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *chi-square*.

Hasil

Hasil penelitian menunjukkan bahwa sebagian besar responden tidak mengalami anemia (69,4%), usia ibu tidak berisiko (80,6%), kunjungan ANC secara teratur (55,6%), dan asupan zat besi baik (62,5%). Analisis bivariat menunjukkan bahwa terdapat hubungan antara usia ibu ($p\text{-value} = 0,024$), kunjungan antenatal care ($p\text{-value} = 0,001$), dan asupan zat besi ($p\text{-value} = 0,006$) dengan kejadian anemia.

Kesimpulan

Terdapat hubungan antara usia ibu, kunjungan *antenatal care*, dan asupan zat besi dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Pagambiran tahun 2026.

Daftar Pustaka : 104 (2014-2026)

Kata Kunci : Anemia, Asupan Zat Besi, Ibu Hamil, Kunjungan Antenatal Care, Usia Ibu

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, June 2026

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THE RELATIONSHIP BETWEEN MATERNAL AGE, ANTENATAL CARE (ANC) VISITS, AND IRON INTAKE WITH THE INCIDENCE OF ANEMIA AMONG PREGNANT WOMEN IN THE SECOND AND THIRD TRIMESTER IN THE WORKING AREA OF PAGAMBIRAN PUBLIC HEALTH CENTER IN 2026

x + 76 pages, 7 tables, 2 pictures, 8 appendices

ABSTRACT

Objective

This study aimed to determine the relationship between maternal age, antenatal care (ANC) visits, and iron intake with the incidence of anemia in the working area of Puskesmas Pagambiran in 2026.

Method

This study employed a quantitative method with a cross-sectional design. The sampling technique used consecutive sampling, resulting in 72 respondents in their second and third trimesters. Data were collected using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), a structured questionnaire, and Hb testing using a portable digital device manufactured by Sinocare. Data analysis was performed using univariate and bivariate analyses with the chi-square test.

Result

The results of the study showed that the majority of respondents did not have anemia (69,4%), were of a non-high-risk maternal age (80,6%), attended regular ANC visits (55,6%), and had adequate iron intake (62,5%). Bivariate analysis showed that there was an association between maternal age ($p\text{-value} = 0,024$), antenatal care visits ($p\text{-value} = 0,001$), and iron intake ($p\text{-value} = 0,006$) and the incidence of anemia.

Conclusion

There was a relationship between maternal age, antenatal care visits, and iron intake with the incidence of anemia among pregnant women in the working area of Puskesmas Pagambiran in 2026.

References : 104 (2014-2026)

Keyword : Anemia, Antenatal Care Visits, Iron Intake, Maternal Age, Pregnant Women