

ABSTRAK

Anemia merupakan gangguan kesehatan yang biasa dikenal masyarakat dengan istilah kurang darah. Jika kadar hemoglobin dalam darah ibu hamil kurang dari 11 g/dl maka dapat didiagnosis sebagai penyakit anemia pada ibu hamil(1). Anemia pada ibu hamil umumnya diduga karena kekurangan asupan makanan yang mengandung zat besi (fe) sehingga komposisi darah menurun. Penelitian ini bertujuan untuk mengetahui faktor risiko anemia defisiensi zat besi terhadap ibu hamil di RSUD Muhammadiyah Sumatra Utara. Penelitian ini merupakan penelitian retrospektif dalam 3 tahap penelitian yaitu persiapan, pelaksanaan dan pengolahan data. Data hasil kuesioner dianalisis secara deskriptif menggunakan program SPSS Statistic versi 23. Berdasarkan hasil penelitian, terdapat hubungan faktor risiko anemia defisiensi zat besi terhadap ibu hamil di RSUD Muhammadiyah Sumatra Utara. Dari analisis deskriptif diketahui semakin banyak jumlah tablet Fe yang dikonsumsi maka semakin rendah resiko ibu hamil terhadap penyakit anemia.

Kata kunci : Anemia, defisiensi, zat besi (Fe)

ABSTRACT

Anemia is s a health disorder commonly known by the community as a lack of blood.. If the hemoglobin level in the blood of pregnant women is less than 11 g/dl, it can be diagnosed as anemia in pregnant women(1). Anemia in pregnant women is generally thought to be due to insufficient intake of foods containing iron, so that the blood composition decreases. The aim of this study to determine the risk factors for iron deficiency anemia in pregnant women in Muhammadiyah Sumatera Utara hospital. This research is a retrospective research which procedure consist of 3 stages, namely preparation, implementation and data processing. The questionnaire results using the SPSS statistical program version 23. Based on the results of the study, there is a relationship between risk factors for iron deficiency anemia in pregnant women in Muhammadiyah Sumatera Utara hospital. From the descriptive analysis, it is known that the greater the number of Fe tablets consumed, the lower the risk of pregnant women to anemia.

Keywords: *Anemia, deficiency, iron (Fe)*