

ABSTRAK

Judul : Hubungan Kadar Hemoglobin pada Ibu Hamil dengan Berat Badan Lahir Bayi di Rsu Royal Prima Medan
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Abstrak: Anemia pada ibu hamil masih menjadi masalah kesehatan yang berpotensi memengaruhi pertumbuhan janin, salah satunya berdampak pada berat badan lahir bayi. Kadar hemoglobin yang rendah dapat menghambat suplai oksigen dan nutrisi ke janin sehingga meningkatkan risiko terjadinya berat badan lahir rendah (BBLR). Penelitian ini bertujuan untuk mengetahui hubungan antara kadar hemoglobin pada ibu hamil dengan berat badan lahir bayi di RSU Royal Prima Medan. Penelitian ini merupakan penelitian observasional analitik dengan desain cross sectional dan pendekatan retrospektif. Data yang digunakan merupakan data sekunder yang diperoleh dari rekam medis ibu hamil yang melahirkan di RSU Royal Prima Medan selama periode Januari 2023 hingga Desember 2024. Penelitian dilaksanakan pada bulan September 2025 dengan jumlah sampel sebanyak 68 ibu hamil yang dipilih menggunakan teknik purposive sampling. Analisis data dilakukan secara univariat dan bivariat. Uji normalitas menggunakan Kolmogorov–Smirnov menunjukkan data berat badan lahir tidak berdistribusi normal, sehingga analisis hubungan menggunakan uji korelasi Spearman Rank. Hasil penelitian menunjukkan sebagian besar ibu hamil memiliki kadar hemoglobin normal (69,1%) dan mayoritas bayi lahir dengan berat badan lahir normal (77,9%). Hasil uji Spearman Rank menunjukkan terdapat hubungan yang signifikan antara kadar hemoglobin ibu hamil dengan berat badan lahir bayi ($p = 0,004$) dengan koefisien korelasi $r = 0,345$ yang menunjukkan hubungan positif dengan kekuatan korelasi lemah. Semakin tinggi kadar hemoglobin ibu hamil, semakin tinggi berat badan lahir bayi. Kesimpulan penelitian ini menunjukkan bahwa kadar hemoglobin ibu hamil berhubungan secara signifikan dengan berat

badan lahir bayi. Oleh karena itu, pemantauan dan pencegahan anemia selama kehamilan perlu terus ditingkatkan sebagai upaya menurunkan risiko BBLR.

Kata kunci: hemoglobin, ibu hamil, berat badan lahir, anemia, BBLR

ABSTRACT

Title : *The Relationship Between Hemoglobin Levels in Pregnant Women and Birth Weight of Babies at Royal Prima Hospital, Medan*

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Abstract: Anemia in pregnant women remains a health problem that can potentially affect fetal growth, one of which is the impact on the birth weight of the baby. Low hemoglobin levels can inhibit the supply of oxygen and nutrients to the fetus, thereby increasing the risk of low birth weight (LBW). This study aims to determine the relationship between hemoglobin levels in pregnant women and the birth weight of babies at the Royal Prima General Hospital in Medan. This study is an analytical observational study with a cross-sectional design and a retrospective approach. The data used is secondary data obtained from the medical records of pregnant women who gave birth at Royal Prima General Hospital in Medan during the period from January 2023 to December 2024. The study was conducted in September 2025 with a sample size of 68 pregnant women selected using purposive sampling. Data analysis was performed using univariate and bivariate methods. The Kolmogorov–Smirnov normality test showed that the birth weight data were not normally distributed, so the Spearman Rank correlation test was used to analyze the relationship. The results showed that most pregnant women had normal hemoglobin levels (69.1%) and the majority of babies were born with normal birth weight (77.9%). The Spearman Rank test results show a significant relationship between the hemoglobin levels of pregnant women and the birth weight of their babies ($p = 0.004$) with a correlation coefficient of $r = 0.345$, indicating a positive relationship with a weak correlation strength. The higher the hemoglobin levels of pregnant women, the higher the birth weight of their babies. The conclusion of this study shows that the hemoglobin levels of pregnant women are significantly related to the birth weight of their babies. Therefore, monitoring and

prevention of anemia during pregnancy needs to be continuously improved as an effort to reduce the risk of LBW.

Keywords: hemoglobin, pregnant women, birth weight, anemia, LBW