

**Prodi Kebidanan Program Sarjana dan Prodi Pendidikan Profesi Program
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**Hubungan Tingkat Pengetahuan Dan Kebiasaan Makan Ibu Hamil Dengan
Kejadian Anemia Pada Ibu Hamil Trimester II dan III di Puskesmas
Belimbing Kota Padang Tahun 2023.**

xiii +123 Halaman + 7 Tabel + 4 Gambar + 11 Lampiran

ABSTRAK

WHO menyatakan data ibu hamil anemia sebesar 41,8%. Di Indonesia data ibu hamil anemia sekitar 48,9%. Kota Padang tahun 2021 sebanyak 17.317 ibu hamil dengan anemia, dan sebanyak 2.927 (16,9%) ibu hamil dengan anemia. Di Puskesmas Belimbing sebanyak 278 orang ibu hamil anemia. Tujuan penelitian ini untuk mengetahui hubungan tingkat pengetahuan dan kebiasaan makan ibu hamil dengan kejadian anemia pada ibu hamil trimester II dan III di Puskesmas Belimbing Kota Padang tahun 2023.

Jenis penelitian kuantitatif dengan desain *cross sectional study* telah dilaksanakan tanggal 21 Mei-20 Juni 2023 di Puskesmas Belimbing Kota Padang. Adapun pengambilan sampel yaitu dengan menggunakan *Accidental sampling* dengan jumlah responden 60 ibu hamil dan teknik pengolahan data *editing, coding, entry data, tabulating data, cleaning* serta analisis data Univariat dan Bivariat.

Hasil penelitian menunjukkan lebih separuh ibu hamil dengan anemia (73.3 %, Ibu hamil dengan tingkat pengetahuan rendah (71.7 %), ibu hamil dengan kebiasaan makan ibu hamil yang negatif (66.7%). Hasil uji statistik menunjukkan bahwa ada hubungan tingkat pengetahuan dengan kejadian anemia pada ibu hamil dengan p value 0.049, ada hubungan kebiasaan makan ibu hamil dengan kejadian anemia dengan p value 0.010

Kesimpulan penelitian menunjukkan bahwa terdapat hubungan tingkat pengetahuan dan kebiasaan makan ibu hamil dengan kejadian anemia pada ibu hamil trimester II dan III di Puskesmas Belimbing Kota Padang Tahun 2023. Saran untuk tenaga kesehatan agar meningkatkan penyuluhan kesehatan kepada ibu hamil terutama kebutuhan selama hamil melalui kunjung rumah, pembagian brosur kesehatan.

Kata Kunci: Pengetahuan , kebiasaan makan, Anemia.

Daftar bacaan : 20 (2014- 2023)

**Midwifery Study Program Undergraduate Program and STIKes
MERCUBAKTIJAYA Professional Education Study Program Padang
Professional Program THESIS, August 2023**

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**The Relationship between Knowledge and Diet of Pregnant Women and the
Incidence of Anemia in Trimester II and III Pregnant Women at the
Belimbing Health Center in Padang City in 2023.**

xiii +123 Pages + 7 Tables + 4 Figures + 11 Appendices

ABSTRACT

WHO states that the data for pregnant women with anemia is 41.8%. In Indonesia, data on pregnant women with anemia is around 48.9%. The city of Padang in 2021 has 17,317 pregnant women with anemia, and 2,927 (16.9%) pregnant women with anemia. At the Belimbing Health Center there were 278 anemic pregnant women. The purpose of this study was to determine the relationship between the level of knowledge and eating habits of pregnant women with the incidence of anemia in pregnant women in the second and third trimesters at Belimbing Health Center, Padang City in 2023.

This type of quantitative research with a cross-sectional study design was carried out on May 21-June 20 2023 at the Belimbing Health Center, Padang City. The sampling was by using Accidental sampling with 60 pregnant women as respondents and data processing techniques editing, coding, data entry, data tabulating, cleaning and Univariate and Bivariate data analysis.

The results showed that more than half of pregnant women with anemia (73.3%), pregnant women with low level of knowledge (71.7%), pregnant women with negative eating habits of pregnant women (66.7%). Statistical test results show that there is a relationship between the level of knowledge and the incidence of anemia in pregnant women with a ρ value of 0.005, there is a relationship between the eating habits of pregnant women and the incidence of anemia with a ρ value of 0.006

The conclusion of the study shows that there is a relationship between the level of knowledge and eating habits of pregnant women and the incidence of anemia in pregnant women in the second and third trimesters at the Belimbing Health Center in Padang City in 2023. Suggestions for health workers to increase health education to pregnant women, especially needs during pregnancy through home visits, distribution of health brochures.

Keywords: Knowledge, eating habits, Anemia.

Reading list: 20 (2014- 2023)

