

Pengaruh Kejadian Anemia Pada Ibu Hamil Terhadap Panjang Badan Bayi Lahir Di UPTD Puskesmas Kedung Badak Kota Bogor Tahun 2024

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ABSTRAK

Anemia pada kehamilan merupakan salah satu faktor kehamilan risiko tinggi yang dapat meningkatkan risiko kematian ibu, bayi, berat badan bayi lahir rendah, kelahiran prematur, *defisit neurobehavioral* dan kognitif serta panjang badan lahir rendah. Panjang badan bayi lahir rendah (< 48 cm) salah satu faktor resiko *stunting* pada anak balita. Tujuan penelitian ini untuk mengetahui pengaruh kejadian anemia pada ibu hamil terhadap panjang badan bayi lahir di UPTD Puskesmas Kedung Badak Kota Bogor Tahun 2024. Metode penelitian ini menggunakan *design kohort restropektif*. Pengambilan data melalui data sekunder kohort ibu hamil dan laporan KIA dari Januari sampai Desember tahun 2023. Pengambilan sampel menggunakan *total sampling* untuk kelompok terpajan sebanyak 119 orang dan *simple random sampling* untuk kelompok tidak terpajan sebanyak 119 orang lalu dianalisis menggunakan uji *chi square* ($p\text{-value} = 0,05$) dengan pendekatan *RR (relative risk)*. Data yang diperoleh dianalisis secara univariat dan bivariat. Hasil univariat yaitu sebagian besar ibu hamil berusia 20-35 tahun yaitu 194 orang (81,5 %), berpendidikan SLTA 94 orang (39,5 %) dan tidak bekerja atau ibu rumah tangga 200 ibu (84,0%), jenis kelamin bayi lahir laki-laki 115 bayi (48,3 %) dan perempuan 123 bayi (51,7 %), berat badan lahir bayi normal (2,5 – 4,0 kg) yaitu 192 bayi (80,7 %), BBLR (< 2,5 kg) 38 bayi (16 %), makrosomia (≥ 4 kg) sebanyak 8 bayi (3,4 %), dan panjang badan lahir normal (≥ 48 cm) sebanyak 175 bayi (73,5 %) dan panjang bayi lahir rendah (< 48 cm) sebanyak 63 bayi (26,5 %) serta prevalensi ibu hamil anemia 10%. Hasil penelitian ini menunjukkan adanya pengaruh kejadian ibu hamil anemia ($p\text{ value} = 0,000$), terhadap panjang badan bayi lahir dengan nilai RR sebesar 9,500 (95%, CI = 4,260-21,83) yang berarti ibu hamil anemia beresiko 9,5 kali melahirkan bayi dengan panjang badan bayi lahir rendah dibandingkan dengan ibu hamil tidak anemia. Peneliti menyarankan agar diperbaikinya pola makan ibu sebelum hamil dan kepatuhan minum TTD ketika remaja dan selama kehamilan agar mencegah terjadinya anemia kehamilan yang berujung pada resiko anak *stunting*.

Kata Kunci: Anemia pada ibu hamil, Panjang badan bayi lahir, *Stunting*

The Effect of Anemia in Pregnant Women on the Length of Newborn Babies at the Kedung Badak Health Center in Bogor City in 2024

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ABSTRACT

Anemia in pregnancy is one of the high-risk pregnancy factors that can increase the risk of maternal and infant mortality, low birth weight, premature birth, neurobehavioral and cognitive deficits and low birth length. Low birth length (<48 cm) is one of the risk factors for stunting in toddlers. The purpose of this study was to determine the effect of anemia in pregnant women on the birth length of babies at the UPTD Kedung Badak Health Center, Bogor City in 2024. This research method uses a retrospective cohort design. Data collection through secondary data from the cohort of pregnant women and KIA reports from January to December 2023. Sampling using total sampling for the exposed group of 119 people and simple random sampling for the unexposed group of 119 people was then analyzed using the chi square test ($p\text{-value} = 0.05$) with the RR (relative risk) approach. The data obtained were analyzed univariately and bivariate. The univariate results were that most pregnant women were aged 20-35 years, namely 194 people (81.5%), had a high school education of 94 people (39.5%) and were unemployed or housewives of 200 mothers (84.0%), the gender of the baby born was male 115 babies (48.3%) and female 123 babies (51.7%), normal birth weight (2.5 - 4.0 kg) namely 192 babies (80.7%), LBW (< 2.5 kg) 38 babies (16%), macrosomia (≥ 4 kg) as many as 8 babies (3.4%), and normal birth length (≥ 48 cm) as many as 175 babies (73.5%) and low birth length (< 48 cm) as many as 63 babies (26.5%) and the prevalence of anemia in pregnant women was 10%. The results of this study indicate the influence of the incidence of anemia in pregnant women ($p\text{ value} = 0.000$), on the length of the baby's birth with an RR value of 9.500 (95%, CI = 4.260-21.83) which means that anemic pregnant women have a 9.5 times risk of giving birth to babies with low birth length compared to non-anemic pregnant women. The researcher suggests that the mother's diet before pregnancy and compliance with taking TTD during adolescence and during pregnancy be improved to prevent anemia in pregnancy which leads to the risk of stunting in children.

Keywords: Anemia in pregnant women, Length of the baby born, Stunting