

ABSTRAK



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HUBUNGAN FAKTOR SOSIAL BUDAYA, ASUPAN ZAT GIZI DAN KEJADIAN ANEMIA PADA IBU HAMIL DI WILAYAH KECAMATAN KEBON JERUK JAKARTA BARAT

xvi, VI BAB, 107 Halaman, 21 Tabel, 4 Gambar

Latar belakang: Riskesdas (2013), menyebutkan 37,1% ibu hamil anemia, dengan proporsi yang hampir sama antara kawasan perkotaan (36,4%) dan perdesaan (37,8%). Menurut Depkes (2009) ibu hamil dikatakan anemia jika pada trimester 2 kadar hemoglobin (Hb) kurang dari 10,5 gr/dl. Di Indonesia wanita hamil dilarang makan telur, daging, udang dan makanan yang digoreng dengan minyak. Dukungan suami yang memengaruhi anemia zat besi pada ibu hamil. Pendapatan juga mempunyai peranan penting dikarenakan tingkat sosial ekonomi yang rendah dapat memengaruhi pola makan

Tujuan: Mengetahui hubungan faktor sosial budaya, asupan zat gizi dan kejadian anemia pada ibu hamil di wilayah Kecamatan Kebon Jeruk Jakarta Barat

Metode: Data yang digunakan merupakan data primer dan data sekunder dengan metode *cross-sectional*. Subjek yang digunakan adalah ibu hamil yang berusia 18-35 tahun. Subjek penelitian berjumlah 52 orang

Hasil: Sebagian besar subjek yang menderita anemia sebanyak 25% dengan rata-rata usia kehamilan 16 minggu 82,7%, penghasilan suami < 3.355.750/bln 51,9%, dukungan suami yang baik 65,4%, pantang makan 67,3%, asupan protein $51,0 \pm 15,6$, asupan zat besi $7,8 \pm 4,3$, asupan as.folat $136,2 \pm 56,6$ dan asupan vitamin A $429,7 \pm 582,6$. Pendapatan suami, dukungan suami dan pantang makan mempunyai hubungan bermakna dengan kejadian anemia. Sedangkan asupan protein, zat besi, asam folat dan vitamin A tidak memiliki hubungan bermakna dengan kejadian anemia

Kesimpulan: Perlu dukungan suami selama kehamilan, ditinjau kembali mengenai pantang makan terkait mitos serta peningkatan jumlah asupan zat gizi selama kehamilan

Kata Kunci: anemia, sosial ekonomi, dukungan suami, pantang makan, protein, zat besi, asam folat, vitamin A

ABSTRACT



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THE RELATIONSHIP OF SOCIO CULTURAL FACTORS, NUTRIENT INTAKE AND THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN AT KEBON JERUK WEST JAKARTA

xvi, VI BAB, 107 Pages, 21 Table, 4 Picture

Background: Riskesdas (2013) showing that 37,1 percent anemic pregnant women, with similar proportions between urban 36,4 percent and rural 37,8 percent areas. According to the health department (2009) pregnant women are said to be anemia if in the second trimester hemoglobin levels less than 10,5 gr/dL because at the time of pregnancy the need for increased blood cells. In Indonesia pregnant women is prohibited from eating eggs, meat, shrimp and fried foods with oil. Husband support factors that affect iron anemia in the mother. Income also an important role because low socioeconomic levels can affect diet

Objective: To determine the relationship of socio cultural factors, nutrient intake and the incidence of anemia in pregnant women at Kebon Jeruk West Jakarta

Method: The data that used is a primary and secondary data with *cross sectional* method. The subject used is pregnant women aged 18-35 years. The research subject is 52 people

Result: Most of the subjects suffering from anemia as much as 25% with the average 16 weeks of pregnancy 82,7%, husband's income 3,355,750/month 51,9%, husband support 65,4%, abstinence 67,3% , protein intake $51,0 \pm 15,6$, iron intake $7,8 \pm 4,3$, intake folic acid $136,2 \pm 56,6$ and intake of vitamin A $429,7 \pm 582,6$. Husband's income, husband support and abstinence have a significant association with the incidence of anemia. While the intake of protein, iron, folic acid and vitamin A had no significant association with the incidence of anemia

Conclusion: It needs husband support during pregnancy, reviewed about mysticism-related abstinence and increased amount of nutrient intake during pregnancy

Keywords: anemia, socioeconomic, husband support, abstinence, protein, iron, folic acid, vitamin A