

## ABSTRAK

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### **HUBUNGAN ASUPAN ZAT BESI, ASAM FOLAT, PENGETAHUAN DAN SOSIAL EKONOMI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI WILAYAH LANDASAN ULIN TIMUR**

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(xvi+66)

Anemia merupakan masalah kesehatan masyarakat yang paling umum dan berpotensi serius di dunia. Kelompok yang rentan mengalami anemia adalah wanita usia subur (WUS) dan ibu hamil. Penelitian ini bertujuan untuk menganalisis hubungan asupan zat besi, asam folat, pengetahuan, dan sosial ekonomi dengan kejadian anemia pada ibu hamil di wilayah Landasan Ulin Timur. Penelitian ini merupakan penelitian *observasional analitik* menggunakan desain *cross-sectional*. Penelitian ini dilakukan di Landasan Ulin Timur Dari September 2022-Januari 2023. Sebanyak 19 ibu hamil dipilih sebagai sampel penelitian menggunakan metode *total sampling*. Kadar Hb ibu hamil didapatkan dari buku KIA. Data asupan zat besi dan asam folat dikumpulkan melalui wawancara menggunakan *semi-quantitative FFQ*. Data pengetahuan dan sosial ekonomi dikumpulkan melalui wawancara menggunakan kuesioner. Data dianalisis menggunakan uji *rank spearman*. Seluruh responden (100%) memiliki asupan zat besi yang cukup, asupan asam folat cukup (84%), pengetahuan cukup (63%), pendidikan cukup (74%) dan pendapatan keluarga cukup (74%). hasil penelitian ini menunjukkan bahwa asupan zat besi ( $p=0,223$ ), asupan asam folat ( $p=0,599$ ), pengetahuan ( $p=0,612$ ), pendidikan ( $p=0,209$ ) dan pendapatan keluarga ( $p=0,630$ ) tidak berhubungan dengan kejadian anemia pada ibu hamil di wilayah Landasan Ulin Timur. Ibu hamil diharapkan dapat lebih memperhatikan asupan zat gizi khususnya zat besi dan asam folat untuk memenuhi kebutuhan ibu dan bayi salah satunya dengan cara meningkatkan asupan dengan mengonsumsi bahan makanan yang mengandung zat besi seperti heme pada daging sapi atau dengan ikan air tawar yang lebih terjangkau.

**Kata Kunci:** Asupan zat besi, asupan asam folat, pengetahuan, sosial ekonomi, anemia pada ibu hamil.

## **ABSTRACT**

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### **RELATION OF IRON INTAKE, FOLIC ACID INTAKE, KNOWLEDGE, AND SOCIOECONOMIC TO INCIDENCE OF ANEMIA AMONG PREGNANT WOMEN IN EAST LANDASAN ULIN**

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*Anemia is the most common and potentially serious public health problem. Groups that are prone to anemia are women of childbearing age and pregnant women. This study aimed to analyze the relation of iron intake, folic acid intake, knowledge, and socioeconomic with the incidence of anemia among pregnant women in the East Landasan Ulin. This study was an analytic observational study using a cross-sectional design. This study was conducted in East Landasan Ulin from September 2022 to January 2023. A total of 19 pregnant women were selected as research samples using the total sampling method. Hb levels of pregnant women were obtained from the MCH book. Iron and folic acid intake data were collected through interviews using semi-quantitative FFQ. Knowledge and socioeconomic data were collected through interviews using a questionnaire. Data were analyzed using the spearman rank test. All respondents (100%) had sufficient iron intake, sufficient folic acid intake (84%), sufficient knowledge (63%), sufficient education (74%) and sufficient family income (74%). The results of this study indicated that iron intake ( $p=0.223$ ), folic acid intake ( $p=0.599$ ), knowledge ( $p=0.612$ ), education ( $p=0.209$ ) and family income ( $p=0.630$ ) were not associated with the incidence of anemia in pregnant women in East Landasan Ulin. Pregnant women are expected to pay more attention to nutrient intake, especially iron and folic acid to meet the needs of mothers and babies, one of which is by increasing intake by consuming iron-containing foods such as heme in beef or with more affordable freshwater fish.*

**Keywords:** *Iron intake, folic acid intake, knowledge, socioeconomy, anemia in pregnant women.*