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Hubungan Perilaku Konsumsi Nutrisi Dengan Kejadian Anemia Pada Ibu Hamil
Di Wilayah Kerja Puskesmas Sukorambi Jember

xv+ 114 hal+ 17 tabel + 1 gambar+ 14 Lampiran

Latar Belakang : Perilaku konsumsi nutrisi berkaitan dengan kebiasaan, preferensi dan pola makan yang ditunjukkan oleh ibu hamil. Ketidakseimbangan dalam konsumsi nutrisi selama masa kehamilan inilah yang dapat meningkatkan risiko komplikasi pada ibu salah satunya adalah anemia kehamilan. Penelitian ini bertujuan untuk menganalisis Hubungan Perilaku konsumsi Nutrisi pada ibu hamil dengan Kejadian Anemia Ibu Hamil yang dilakukan di wilayah kerja Puskesmas Sukorambi. **Metode :** Desain penelitian yang digunakan dalam penelitian ini adalah Studi Korelasional dengan pendekatan *Cross Sectional*. Populasi penelitian ini adalah ibu hamil yang berada di wilayah Puskesmas Sukorambi Jember dengan Jumlah populasi 305 ibu hamil yang terbagi dalam 5 desa. penelitian ini menggunakan rumus *Slovin* dan didapatkan sampel sejumlah 173 responden. Sampling ang digunakan *Probability sampling* dengan pendekatan *purposive cluster sumpling*. Pengumpulan data perilaku konsumsi nutrisi dan anemia ibu hamil menggunakan Kuesioner. Analisa data menggunakan *korelasi Spearman rank* dengan ketentuan $\alpha \leq 0,05$. **Hasil :** Hasil Penelitian didapatkan responden yang patuh terhadap konsumsi nutrisi persentase sejumlah 63,0% dan responden anemia kehamilan Hb > 11gr/dL persentase sejumlah 62,4%. hasil analisa menunjukkan nilai *pValue* = 0,000 < 0,05 dengan nilai koefisien korelasi sebesar 0,914. **Kesimpulan :** Ada hubungan antara Perilaku Konsumsi Nutrisi pada terhadap Kejadian anemia pada ibu hamil di wilayah Kerja Puskesmas Sukorambi Jember.

Kata Kunci : Kehamilan, Perilaku, Konsumsi Nutrisi, Anemia.

Daftar Pustaka 70 (2017-2022)

Abstract

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The Relationship of Nutritional Consumption Behavior with the Incidence of Anemia in Pregnant Women in the Sukorambi Jember Health Center Working Area

xv+114 pages+17 tables+ 1 picture + 14 appendices

Background: Nutritional consumption behavior is related to the habits, preferences and eating patterns shown by pregnant women. The imbalance in nutritional consumption during pregnancy can increase the risk of complications in mothers, one of which is pregnancy anemia. This study aims to analyze the relationship between nutritional consumption behavior of pregnant women and the incidence of anemia in pregnant women conducted in the work area of the Sukorambi Health Center. **Methods:** The research design used in this study was a correlational study with a cross-sectional approach. The population of this study were pregnant women who were in the Sukorambi Jember Health Center area with a total population of 305 pregnant women who were divided into 5 villages. this study used the Slovin formula and obtained a sample of 173 respondents. Sampling ang used Probability sampling with purposive cluster sumpling. Data collection of nutritional consumption behavior and anemia of pregnant women using questionnaires. Data analysis using Spearman rank correlation with the provision of $\alpha \leq 0.05$. **Results:** The results showed that respondents who were obedient to nutritional consumption were 63.0% and respondents with anemia of pregnancy $Hb > 11\text{gr/dL}$ were 62.4%. the results of the analysis showed a $p\text{Value} = 0.000 < 0.05$ with a correlation coefficient value of 0.914. **Conclusion:** There is a relationship between nutritional consumption behavior on the incidence of anemia in pregnant women in the Sukorambi Jember Health Center work area.

Keywords: Pregnancy, Behavior, Nutrition Consumption, Anemia.

Bibliographi 70 (2017-2022)