

ABSTRAK

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Pengkajian Peran Keluarga pada Keluarga Ibu Hamil yang Mengalami Anemia di
Desa Cangkring, Kecamatan Jenggawah

Abstrak

Latar Belakang: Anemia pada ibu hamil masih menjadi masalah kesehatan yang bisa berdampak pada ibu dan bayi, seperti bayi lahir kecil, prematur, bahkan kematian. Keluarga punya peran penting, terutama dalam mengingatkan minum tablet tambah darah dan memantau kehamilan, tapi peran ini sering belum berjalan maksimal. Karena itu, perlu dilakukan pengkajian untuk mengetahui sejauh mana peran keluarga tersebut. **Tujuan:** Penelitian ini bertujuan untuk mengkaji peran keluarga dalam mendampingi ibu hamil dengan anemia di Desa Cangkring, menggunakan tiga instrumen berbeda, yaitu dari Nursalam (2015), Kossay (2022), dan Friedman (2010), yang melihat peran keluarga secara formal, informal, dan dukungan dari suami. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan studi kasus deskriptif. Subjeknya adalah tiga keluarga dengan ibu hamil anemia. Data dikumpulkan melalui wawancara terstruktur menggunakan tiga instrumen peran keluarga pada ibu hamil anemia berdasarkan Nursalam (2015), Kossay (2022), dan Friedman et al. (2010). **Hasil:** Hasil pengkajian menunjukkan bahwa berdasarkan instrumen Friedman (2010), keluarga Ny. Q tergolong cukup karena hanya menjalankan peran dasar, sementara Ny. N dan Ny. K termasuk baik, meskipun dukungan emosional dari Ny. N masih kurang. Pada instrumen Nursalam (2015), keluarga Ny. Q dan Ny. N juga berada di kategori cukup, karena suami hanya membantu secara praktis tanpa aktif mencari informasi. Berbeda dengan keluarga Ny. K yang masuk kategori tinggi, karena suami sangat terlibat dan proaktif. Sedangkan menurut instrumen Kossay (2022), keluarga Ny. Q tetap cukup karena fokusnya masih pada dukungan fisik, sementara Ny. N dan Ny. K tergolong baik karena memberikan dukungan yang lebih lengkap, termasuk aspek emosional dan social. **Kesimpulan:** Instrumen Kossay (2022) lebih unggul karena dibuat khusus untuk ibu hamil dengan anemia. Instrumen ini berdasarkan kondisi nyata di lapangan, jadi lebih relevan. Isinya mencakup dukungan keluarga secara fisik (seperti makanan dan tablet tambah darah), sosial (seperti menemani ke puskesmas), dan emosional (seperti memberi semangat). Instrumen ini juga melihat semua peran keluarga secara lengkap, sehingga hasilnya lebih jelas dan menyeluruh.

Kata Kunci: Ibu hamil, anemia, pengkajian peran keluarga

ABSTRACT

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*Assessment of the Role of the Family in Families of Pregnant Women with Anemia
in Cangkring Village, Jenggawah District*

Abstract

Background: Anemia in pregnant women remains a health problem that can impact both the mother and the baby, such as small births, premature births, and even death. The family plays an important role, especially in reminding women to take iron supplements and monitoring their pregnancy, but this role is often not optimal. Therefore, a study is needed to determine the extent of the family's role. **Objective:** This study aims to examine the role of the family in supporting pregnant women with anemia in Cangkring Village, using three different instruments, namely from Nursalam (2015), Kossay (2022), and Friedman (2010), which look at the role of the family formally, informally, and support from the husband. **Method:** This study uses a quantitative approach with a descriptive case study. The subjects were three families with pregnant women with anemia. Data were collected through structured interviews using three instruments of family roles in pregnant women with anemia based on Nursalam (2015), Kossay (2022), and Friedman et al. (2010). **Results:** The results of the study indicate that based on Friedman's instrument (2010), Mrs. Q's family is classified as sufficient because it only carries out basic roles, while Mrs. The families of Mrs. N and Mrs. K are considered good, although emotional support from Mrs. N is still lacking. In the Nursalam (2015) instrument, Mrs. Q and Mrs. N's families are also in the sufficient category, because the husband only provides practical assistance without actively seeking information. In contrast, Mrs. K's family is in the high category, because the husband is very involved and proactive. Meanwhile, according to the Kossay (2022) instrument, Mrs. Q's family remains sufficient because the focus is still on physical support, while Mrs. N and Mrs. K are classified as good because they provide more comprehensive support, including emotional and social aspects. **Conclusion:** The Kossay (2022) instrument is superior because it was specifically designed for pregnant women with anemia. This instrument is based on real-world conditions, so it is more relevant. Its contents include physical family support (such as food and iron tablets), social (such as accompanying to the health center), and emotional (such as providing encouragement). This instrument also looks at all family roles in full, so the results are clearer and more comprehensive.

Keywords: Pregnant women, anemia, family role assessment