

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juni 2026

Fefi Dwi Akbarika

Hubungan Kadar *Hemoglobin* Ibu Hamil dengan Pertumbuhan Janin di Wilayah Kerja Puskesmas Curahnongko

Xix + 96 Hal + 18 Tabel + 1 Gambar + 9 Lampiran

Latar Belakang: Kadar *hemoglobin* pada ibu hamil berperan penting dalam proses transportasi oksigen dan nutrisi ke janin melalui plasenta. Penurunan kadar *hemoglobin* dapat menyebabkan gangguan suplai oksigen sehingga meningkatkan risiko hambatan pertumbuhan janin, berat badan lahir rendah, prematuritas, dan komplikasi neonatal. Penelitian ini bertujuan mengetahui hubungan kadar *hemoglobin* ibu hamil dengan pertumbuhan janin di wilayah kerja Puskesmas Curahnongko. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 190 ibu hamil dengan sampel 129 responden yang dipilih menggunakan teknik *cluster random sampling*. Data diperoleh melalui dokumentasi rekam medis dan Buku KIA. Analisis data dilakukan menggunakan uji *Chi-Square* dengan tingkat signifikansi $\alpha = 0,05$. **Hasil:** Dari 23 ibu hamil anemia, sebanyak 20 responden (15,5%) mengalami pertumbuhan janin tidak normal dan 3 responden (2,3%) mengalami pertumbuhan janin normal. Dari 106 ibu hamil tidak anemia, sebanyak 37 responden (28,7%) mengalami pertumbuhan janin tidak normal dan 69 responden (53,5%) mengalami pertumbuhan janin normal. Hasil uji *Chi-Square* menunjukkan nilai $p = 0,000$ dengan $OR = 12,432$, sehingga terdapat hubungan signifikan antara kadar *hemoglobin* ibu hamil dengan pertumbuhan janin. **Kesimpulan:** Kadar *hemoglobin* normal mendukung pertumbuhan janin sesuai usia kehamilan, sedangkan anemia meningkatkan risiko pertumbuhan janin tidak normal. Pemeriksaan *hemoglobin* rutin, edukasi gizi, dan kepatuhan konsumsi tablet tambah darah perlu ditingkatkan untuk mencegah anemia selama kehamilan.

Kata Kunci: Kadar *Hemoglobin*, Ibu Hamil, Pertumbuhan Janin, Curahnongko.

ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
STUDY PROGRAM S-1 NURSING SCIENCES
FACULTY OF HEALTH SCIENCES

Thesis, June 2026

Fefi Dwi Akbarika

The Relationship between Hemoglobin Levels in Pregnant Women and Fetal Growth in the Working Area of Curahnongko Public Health Center

Xix + 96 Pages + 18 Tables + 1 Figure + 9 Attachments

Background: Hemoglobin levels in pregnant women play a crucial role in the transport of oxygen and nutrients to the fetus via the placenta. Decreased hemoglobin levels can disrupt oxygen supply, thereby increasing the risk of fetal growth restriction, low birth weight, preterm birth, and neonatal complications. This study aims to determine the relationship between hemoglobin levels in pregnant women and fetal growth in the service area of the Curahnongko Community Health Center. **Methods:** This study employed a correlational design with a cross-sectional approach. The study population consisted of 190 pregnant women, with a sample of 129 respondents selected using cluster random sampling. Data were obtained from medical records and the Maternal and Child Health (MCH) Book. Data analysis was performed using the Chi-Square test with a significance level of $\alpha = 0.05$. **Results:** Of the 23 anemic pregnant women, 20 respondents (15.5%) experienced abnormal fetal growth and 3 respondents (2.3%) experienced normal fetal growth. Of the 106 non-anemic pregnant women, 37 respondents (28.7%) experienced abnormal fetal growth and 69 respondents (53.5%) experienced normal fetal growth. The Chi-Square test results showed a p-value of 0.000 with an OR of 12.432, indicating a significant association between maternal hemoglobin levels and fetal growth. **Conclusion:** Normal hemoglobin levels support fetal growth appropriate for gestational age, whereas anemia increases the risk of abnormal fetal growth. Routine hemoglobin testing, nutrition education, and adherence to iron supplement intake need to be improved to prevent anemia during pregnancy.

Keywords: Hemoglobin Levels, Pregnant Women, Fetal Growth, Curahnongko.