

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Perilaku Hidup Bersih dan Sehat dengan Kejadian Anemia pada Ibu Hamil di Wilayah Kerja Puskesmas Umbulsari.
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XVI + 118 Halaman + 2 Gambar + 13 Tabel + 20 Lampiran

ABSTRAK

Latar Belakang: Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Salah satu faktor yang diduga berhubungan dengan kejadian anemia adalah perilaku hidup bersih dan sehat (PHBS). **Tujuan:** Menganalisis hubungan PHBS dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Umbulsari. **Metode:** Penelitian kuantitatif dengan desain cross sectional dilakukan pada 111 ibu hamil yang dipilih menggunakan simple random sampling dari populasi 153 responden. Data PHBS diperoleh melalui kuesioner, sedangkan data anemia berdasarkan kadar hemoglobin (Hb) dari rekam medis. Analisis menggunakan uji Chi-Square dengan tingkat signifikansi $\alpha = 0,05$. **Hasil:** Sebagian besar responden memiliki PHBS kategori baik (62 responden; 55,9%) dan tidak mengalami anemia (84 responden; 75,7%). Hasil uji Chi-Square menunjukkan nilai $p = 0,000$ ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara PHBS dengan kejadian anemia pada ibu hamil. **Kesimpulan:** PHBS berhubungan dengan kejadian anemia pada ibu hamil. Peningkatan edukasi dan promosi kesehatan mengenai penerapan PHBS selama kehamilan perlu dilakukan sebagai upaya pencegahan anemia.

Kata Kunci: anemia, ibu hamil, perilaku hidup bersih dan sehat.

ABSTRACT

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ABSTRACT

Background: Anemia among pregnant women remains a public health problem that can increase the risk of complications for both the mother and fetus. One of the factors associated with anemia is Clean and Healthy Living Behavior (CHLB). **Objective:** To analyze the relationship between Clean and Healthy Living Behavior and the incidence of anemia among pregnant women in the working area of Umbulsari Public Health Center. **Methods:** This quantitative study employed a cross-sectional design involving 111 pregnant women selected through simple random sampling from a population of 153 respondents. Data on Clean and Healthy Living Behavior were collected using a questionnaire, while anemia data were obtained from hemoglobin (Hb) levels documented in medical records. Data were analyzed using the Chi-Square test with a significance level of $\alpha = 0.05$. **Results:** Most respondents had good Clean and Healthy Living Behavior (62 respondents; 55.9%) and were not anemic (84 respondents; 75.7%). The Chi-Square test showed a p -value of 0.000 ($p < 0.05$), indicating a significant relationship between Clean and Healthy Living Behavior and the incidence of anemia among pregnant women. **Conclusion:** Clean and Healthy Living Behavior is significantly associated with the incidence of anemia among pregnant women. Strengthening health education and health promotion regarding the implementation of Clean and Healthy Living Behavior during pregnancy is recommended as an effort to prevent anemia.

Keywords: anemia, pregnant women, clean and healthy living behavior.