

**HUBUNGAN ANEMIA PADA KEHAMILAN DENGAN PERSALINAN
PREMATUR DI RUMAH SAKIT UMUM DAERAH KABUPATEN
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ABSTRAK

Anemia adalah kondisi di mana jumlah eritrosit yang berfungsi mengangkut oksigen ke seluruh tubuh mengalami penurunan. Seorang ibu hamil dikatakan mengalami anemia jika kadar hemoglobinya kurang dari 11 g/dL. Anemia selama kehamilan dapat meningkatkan risiko komplikasi, seperti berat badan lahir rendah (BBLR), kematian janin, dan persalinan prematur. Penelitian ini bertujuan untuk mengetahui hubungan antara anemia pada kehamilan dengan kejadian persalinan prematur di RSUD Buleleng pada tahun 2022-2023. Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional. Sampel diambil secara acak (*random sampling*) dari seluruh populasi yang diteliti, menggunakan data sekunder berupa rekam medis ibu yang melahirkan di RSUD Buleleng pada periode tersebut. Dari total 993 data rekam medis diambil secara *random sampling* sebanyak 51 data rekam medis sebagai sampel penelitian. Untuk mengolah data, digunakan uji statistik chi-square. Hasil analisis didapatkan bahwa terdapat hubungan yang signifikan antara anemia pada kehamilan dan kejadian persalinan prematur di RSUD Buleleng, dengan nilai p-value sebesar 0,022, namun dengan korelasi yang didapatkan termasuk lemah. Selain itu, hasil penelitian menunjukkan bahwa ibu hamil yang mengalami anemia memiliki risiko 3,9 kali lebih besar untuk mengalami persalinan prematur. Dengan adanya penelitian ini, diharapkan ibu hamil rutin dalam melakukan pemeriksaan Antenatal Care dan mengkonsumsi suplemen zat besi yang diimbangi dengan pola makan sehat.

Kata Kunci: anemia, ibu hamil, persalinan prematur.

THE RELATIONSHIP OF ANEMIA IN PREGNANCY WITH PRETERM LABOR IN THE REGIONAL GENERAL HOSPITAL OF BULELENG DISTRICT IN 2022-2023

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ABSTRACT

Anemia is a condition in which the number of erythrocytes that function to transport oxygen throughout the body has decreased. A pregnant woman is said to have anemia if her hemoglobin level is less than 11 g/dL. Anemia during pregnancy can increase the risk of complications, such as low birth weight (LBW), fetal death, and preterm labor. This study aims to determine the relationship between anemia in pregnancy and the incidence of preterm labor at RSUD Buleleng in 2022-2023. This study used an analytic observational design with a cross-sectional approach. Samples were taken randomly (random sampling) from the entire population studied, using secondary data in the form of medical records of mothers who gave birth at RSUD Buleleng during that period. From a total of 993 medical records, a random sampling of 51 medical records was taken as the research sample. To process the data, chi-square statistical test was used. The results of the analysis showed that there was a significant relationship between anemia in pregnancy and the incidence of preterm labor at RSUD Buleleng, with a p-value of 0.022, but the correlation obtained was weak. In addition, the results showed that pregnant women who experienced anemia had a 3.9 times greater risk of experiencing preterm labor. With this study, it is expected that pregnant women routinely conduct antenatal care checks and consume iron supplements balanced with a healthy diet.

Keywords: anemia, pregnant women, preterm labor.