

HUBUNGAN PERUBAHAN TINGKAT PENDAPATAN KELUARGA DAN POLA KONSUMSI MAKANAN SUMBER ZAT BESI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL SEBAGAI DAMPAK PANDEMI COVID-19 DI PUSKESMAS TEGALREJO KOTA YOGYAKARTA

ABSTRAK

Latar Belakang: Salah satu golongan yang rentan mengalami dampak buruk akibat penurunan tingkat pendapatan sebagai dampak pandemi Covid-19 adalah ibu hamil. Hal ini dapat mengakibatkan ibu hamil tidak mendapatkan asupan makan yang cukup khususnya makanan sumber zat besi untuk memenuhi kebutuhan selama kehamilan yang dapat mengakibatkan anemia.

Tujuan: Penelitian ini bertujuan untuk Mengetahui hubungan perubahan tingkat pendapatan keluarga dan pola konsumsi makanan sumber zat besi dengan kejadian anemia pada ibu hamil sebagai dampak pandemi Covid-19 di Puskesmas Tegalrejo Kota Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan studi kuantitatif observasional analitik dengan pendekatan *cross-sectional*. Pengambilan sampel menggunakan metode *simple random sampling*. Analisis dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. Instrumen penelitian ini menggunakan kuisioner tingkat pendapatan keluarga, FFQ, serta hasil pemeriksaan hemoglobin.

Hasil: Hasil penelitian dari 61 responden terdapat 29,5% ibu hamil yang mengalami anemia, dengan tingkat pendapatan keluarga setelah terdampak pandemi Covid-19 kategori rendah sebesar 54,1%, dan ibu hamil yang kurang mengkonsumsi makanan sumber zat besi heme 52,5%, non heme 52,5%, peningkatan absorpsi zat besi 78,7%, dan penghambat absorpsi 49,2%. Hasil uji statistik menggunakan *Chi-Square* menunjukkan bahwa tidak ada hubungan antara tingkat pendapatan keluarga dengan kejadian anemia pada ibu hamil ($p=0,128$). Dan terdapat hubungan antara pola konsumsi makanan sumber zat besi heme ($p=0,050$), non heme ($p=0,050$), peningkatan absorpsi zat besi ($p=0,037$), penghambat absorpsi zat besi ($p=0,010$) dengan kejadian anemia pada ibu hamil.

Kesimpulan: Dapat disimpulkan bahwa tidak ada hubungan antara tingkat pendapatan keluarga dengan kejadian anemia pada ibu hamil. Dan ada hubungan antara pola konsumsi makanan sumber zat besi dengan kejadian anemia pada ibu hamil.

Kata kunci: Anemia, ibu hamil, tingkat pendapatan keluarga, pola konsumsi makanan sumber zat besi

RELATIONSHIP BETWEEN CHANGES IN FAMILY INCOME LEVELS AND CONSUMPTION PATTERNS OF IRON SOURCES OF FOOD WITH THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN AS THE IMPACT OF THE COVID-19 PANDEMIC AT TEGALREJO HEALTH CENTER, YOGYAKARTA CITY

ABSTRACT

Background: One of the vulnerable groups experiencing the adverse effects of a decrease in income levels as a result of the Covid-19 pandemic is pregnant women. This can result in pregnant women not getting enough food intake, especially food sources of iron to meet their needs during pregnancy which can lead to anemia.

Purpose: This study aims to determine the relationship between changes in family income levels and consumption patterns of iron-sourced foods with the incidence of anemia in pregnant women as a result of the Covid-19 pandemic at the Tegalrejo Health Center, Yogyakarta City.

Research Methods: This study used a quantitative analytic observational study with a cross-sectional approach. Sampling using simple random sampling method. Analysis was performed univariately and bivariately using the Chi-Square test. The research instrument used a questionnaire on family income level, FFQ, and the results of hemoglobin examination.

Results: The results of the study from 61 respondents showed that 29.5% of pregnant women experienced anemia, with a low level of family income after being affected by the Covid-19 pandemic at 54.1%, and pregnant women who consumed less food sources of heme iron 52.5 %, non heme 52.5%, iron absorption enhancer 78.7%, and absorption inhibitor 49.2%. The results of statistical tests using Chi-Square showed that there was no relationship between family income levels and the incidence of anemia in pregnant women ($p=0.128$). And there is a relationship between consumption patterns of food sources of heme iron ($p=0.050$), non-heme ($p=0.050$), enhancers of iron absorption ($p=0.037$), inhibitors of iron absorption ($p=0.010$) with the incidence of anemia in pregnant women .

Conclusion: It can be concluded that there is no relationship between family income level and the incidence of anemia in pregnant women. And there is a relationship between the pattern of consumption of food sources of iron with the incidence of anemia in pregnant women.

Keywords: Anemia, pregnant women, family income level, consumption patterns of iron-source foods