

## ABSTRAK

**Latar belakang:** Berdasarkan Riset Kesehatan Dasar (Riskesdas) tahun 2018 terdapat kenaikan prevalensi anemia ibu hamil di Indonesia yaitu 37,1% pada tahun 2013 menjadi 48,9% pada tahun 2018. Prevalensi anemia ibu hamil di Daerah Istimewa Yogyakarta (DIY) dari tahun 2017 hingga 2021 terus mengalami kenaikan dari 14.32% menjadi 16.5% dan prevalensi anemia ibu hamil di Kota Yogyakarta juga mengalami kenaikan dari 23,31% pada tahun 2020 menjadi 25,56% pada tahun 2021. Upaya pencegahan anemia perlu dilakukan sejak dini dimulai dari perencanaan kehamilan melalui pendampingan calon pengantin.

**Tujuan:** Mengetahui hubungan program pendampingan calon pengantin dengan status anemia pada ibu hamil di Kota Yogyakarta.

**Metode:** Jenis penelitian ini adalah penelitian kuantitatif dengan rancangan penelitian *case control*. Penelitian dimulai dengan mengidentifikasi kelompok kasus yakni kelompok ibu hamil dengan anemia dan kelompok kontrol yakni ibu hamil tidak anemia. Penelitian dilaksanakan di Kota Yogyakarta dengan jumlah sampel sebanyak 184 responden. Variabel yang diteliti dalam penelitian ini terdiri dari program pendampingan calon pengantin, status anemia ibu hamil dan variabel luar yakni usia, pendidikan, pekerjaan, status ekonomi, pertambahan berat badan, kepatuhan konsumsi tablet Fe, status merokok, dan status merokok suami. Analisis data berupa univariabel, bivariabel dan multivariabel menggunakan nilai p-value <0.05 dan tingkat kepercayaan 95%.

**Hasil:** Dari hasil penelitian didapatkan asosiasi hubungan program pendampingan calon pengantin dengan status anemia pada ibu hamil, namun terdapat beberapa variabel yaitu kenaikan berat badan ibu, kepatuhan konsumsi tablet Fe, dan status merokok suami yang berhubungan dengan anemia yang terjadi pada ibu hamil. Program pendampingan calon pengantin berhubungan dengan status anemia ibu hamil dengan nilai OR 2,72 ( $p < 0,001$ ; 95% CI: 1,48-4,98). Program pendampingan calon pengantin setelah mempertimbangkan pertambahan berat badan ibu, konsumsi tablet Fe, dan status merokok suami berhubungan dengan status anemia ibu hamil dengan nilai OR 2,61 ( $p < 0,05$ ; 95% CI: 1,24-5,49).

**Kesimpulan:** Program pendampingan calon pengantin dapat menurunkan status anemia pada ibu hamil hingga 64%.

**Kata kunci:** *pendampingan calon pengantin, anemia, ibu hamil*

## ABSTRACT

**Background:** According to Basic Health Research (Riskesdas), the prevalence of anemia in pregnant women in Indonesia increased from 37.1% to 48.9% in 2018 compared to 2013, with pregnant women aged 15 to 24 having the highest incidence of anemia. Between 2017 and 2021, the prevalence of anemia among pregnant women in the Special Region of Yogyakarta (DIY) rose from 14.32% to 16.5%, and in Yogyakarta City, it grew from 23.31% in 2020 to 25.56% in 2021. Anemia must be treated early, starting with preconception care and continuing during pregnancy care.

**Objective:** To determine the relationship between the preconception care program and anemia status among pregnant women in Yogyakarta City.

**Methods:** This type of research is quantitative research with a case-control research design. The case group, or the group of pregnant women with anemia, and the control group, or the group of pregnant women without anemia, were first identified for the study. The study had a sample size of 184 participants and was carried out in Yogyakarta City. Preconception care program, anemia status of expectant mothers, and external variables such as age, education, employment, economic status, weight gain, adherence to Fe pill consumption, smoking status, and husband's smoking status were the variables examined in this study. The univariate, bivariate, and multivariate data analyses used a p-value of 0.05 and a 95% confidence level.

**Results:** Based on the study's findings, it was determined that the preconception care program was associated with pregnant women's anemia status. However, other factors, such as maternal weight gain, husbands' cigarette smoking habits, and compliance with Fe tablet consumption, were also linked to anemia in pregnant women. The preconception care program had an OR value of 2.72 ( $p < 0.001$ ; 95% CI: 1.48-4.98) and was related to pregnant women's anemia status. The preconception care program was connected with the anemic status of pregnant women with an OR value of 2.61 ( $p < 0.05$ ; 95% CI: 1.24-5.49) after considering maternal weight growth, use of Fe tablets, and husband's smoking status.

**Conclusion:** Preconception care programs can reduce anemia among pregnant women by 64%.

**Keywords:** preconception care, anemia, pregnant women