INTISARI

Latar Belakang: Kehamilan remaja merupakan kehamilan yang berisiko menimbulkan komplikasi, salah satunya yaitu anemia. Prevalensi anemia pada remaja dan ibu hamil di Indonesia masih cukup tinggi. Prevalensi anemia kehamilan meningkat selama pandemi COVID-19 karena terganggunya pelayanan kesehatan termasuk pelayanan ANC. Banyak faktor yang berkaitan dengan anemia kehamilan. Namun, belum banyak yang mengkaji anemia pada ibu hamil remaja terutama selama pandemi COVID-19.

Tujuan: Mengetahui gambaran karakteristik ibu hamil remaja yang anemis pada saat pandemi COVID-19 di Gunungkidul, Yogyakarta.

Metode: Penelitian deskriptif kuantitatif dengan rancangan *cross sectional* pada 36 ibu hamil remaja yang anemia di 5 puskesmas di Gunungkidul pada 27 Agustus hingga 4 Oktober 2023. Pengambilan data menggunakan kuesioner karakteristik responden dan kuesioner pengetahuan anemia yang telah valid dan reliabel. Sampel diambil menggunakan teknik *consecutive sampling*. Analisis data menggunakan analisis univariat.

Hasil: Dari 36 responden penelitian, mayoritas termasuk usia remaja akhir (97,2%), primipara (91,7%), tidak melakukan ANC sesuai jumlah standar minimal (83,3%). Sebanyak 52,8% berpendidikan SMA, 61,1% memiliki skor pengetahuan di atas sama dengan rata-rata, 63,9% mengonsumsi TTD kurang dari 90, 44,4% terdiagnosis anemia pada trimester 2 dan 3, serta 72,2% memiliki pendapatan keluarga kurang dari UMR dan status kehamilan yang diinginkan.

Kesimpulan: Kriteria ibu hamil remaja dengan anemia di wilayah Gunungkidul menggambarkan status kesehatan yang rentan terhadap masalah selama kehamilan. Oleh karena itu, direkomendasikan kepada tenaga kesehatan agar meningkatkan edukasi mengenai anemia kehamilan, konsumsi TTD, dan perencanaan kehamilan serta memotivasi ibu hamil remaja untuk melakukan pemeriksaan kehamilan sebagai upaya meningkatkan pencegahan terjadinya anemia kehamilan.

Kata Kunci: anemia, anemia kehamilan, kehamilan remaja, pandemi COVID-19

ABSTRACT

Background: Adolescent pregnancy is a pregnancy that is at risk of complications, one of which is anemia. The prevalence of anemia in adolescents and pregnant women in Indonesia is still quite high. The prevalence of pregnancy anemia increased during the COVID-19 pandemic due to the disruption of health services including ANC services. Many factors are associated with pregnancy anemia. However, there has been limited research on anemia in adolescent pregnant women, especially during the COVID-19 pandemic.

Objective: To determine the characteristics of anemic adolescent pregnant women during the COVID-19 pandemic in Gunungkidul, Yogyakarta.

Methods: Quantitative descriptive study with cross sectional design on 36 anemic adolescent pregnant women in 5 health centers in Gunungkidul from August 27 to October 4, 2023. Data were collected using a respondent characteristics questionnaire and a valid and reliable anemia knowledge questionnaire. Samples were taken using consecutive sampling technique. Data analysis using univariate analysis.

Results: Of the 36 respondents, the majority were in their late adolescent age group (97.2%), primiparous (91.7%), did not perform ANC according to the minimum standard (83.3%). About 52.8% had high school education, 61.1% had knowledge scores equals to or above the average, 63.9% consumed TTD less than 90, 44.4% were diagnosed with anemia in the 2nd and 3rd trimester, and 72.2% had family income below the regional minimum wage (UMR), and intended pregnancy status.

Conclusion: The criteria of adolescent pregnant women with anemia in the Gunungkidul region illustrate a vulnerable health status during pregnancy. Therefore, it is recommended for healthcare professionals to enhance education regarding pregnancy anemia, iron supplementation, and pregnancy planning. Additionally, motivating adolescent pregnant women to conduct antenatal check-ups to improve the prevention of pregnancy anemia.

Keywords: anemia, anemia during pregnancy, teenage pregnancy, COVID-19 pandemic