

ABSTRAK

Latar Belakang : Anemia merupakan masalah global yang terdapat secara umum di negara berkembang. Pada tahun 2011, anemia mempengaruhi setengah miliar wanita usia reproduksi di seluruh dunia serta terdapat 38% (32 juta) pada wanita hamil dan 29% (496 juta) pada wanita tidak hamil. Diperkirakan terdapat setengah kasus anemia merupakan anemia karena kurang zat besi. Di Indonesia, prevalensi tertinggi anemia gizi besi terdapat pada ibu hamil sebesar 37,1% dan 22,7% pada wanita usia subur. Penyebab anemia gizi besi yaitu karena adanya ketidakseimbangan zat besi (asupan ataupun penyerapan zat besi yang tidak seimbang), adanya kebutuhan zat besi meningkat (faktor kehamilan), dampak dari kehilangan zat besi (perdarahan), faktor kunjungan ANC/*Antenatal Care*, faktor jumlah gravida (kehamilan), faktor sosio demografi (usia, pendidikan, tempat tinggal ibu) serta adanya ketidakpatuhan ibu hamil dalam mengkonsumsi tablet tambah darah yang telah dicanangkan oleh pemerintah (yaitu sebanyak 90 tablet selama kehamilan). IFLS (*Indonesia Family Life Survey*) merupakan salah satu survei longitudinal yang memiliki sumber data secara nasional. Terdapat 5 gelombang IFLS yang telah dilakukan. Terakhir IFLS 5 tahun 2014-2015. Data IFLS di desain untuk memahami perubahan perilaku dan *outcome* kesehatan dimana pada penelitian ini berfokus pada konsumsi tablet tambah darah (Fe) selama kehamilan dan akan di lihat *outcomenya* yaitu kejadian anemia ibu di Indonesia (Studi analisis lanjutan IFLS 5).

Tujuan Penelitian : Mengetahui hubungan konsumsi pil tambah darah (Fe) selama kehamilan dengan kejadian anemia ibu di Indonesia.

Metode Penelitian : Penelitian ini merupakan penelitian observasional yang bersifat analitik dengan rancangan *cross sectional* dengan menggunakan data IFLS (*Indonesia Family Life Survey*) 5 (2014-2015). Sampel penelitian adalah ibu yang merupakan responden penelitian IFLS 5 yang memenuhi kriteria inklusi dan eksklusi. Analisis dilakukan secara univariat, bivariat dan multivariat yang dilakukan pada populasi semua wanita usia 15-49 tahun pada IFLS 5.

Hasil : Dari hasil uji regresi logistik berganda, variabel pendidikan, tempat tinggal ibu dan riwayat perdarahan saat melahirkan berhubungan signifikan dengan kejadian anemia ibu dengan nilai OR(95%CI) secara berurutan 1,38(1,003-1,92), 0,63(0,46-0,88) dan 1,74(1,01-3,00). Sedangkan konsumsi pil tambah besi selama kehamilan tidak berhubungan dengan kejadian anemia ibu di Indonesia ($p=0,760$) dan nilai interval OR (95% CI)=1,05 (0,76-1,43).

Kesimpulan : Tidak terdapat hubungan signifikan antara konsumsi pil tambah besi yang buruk selama kehamilan dengan kejadian anemia ibu di Indonesia ($p=0,760$). Terdapat adanya hubungan signifikan antara pendidikan ibu, tempat tinggal ibu serta riwayat perdarahan saat melahirkan dengan kejadian anemia pada ibu ($p<0,05$).

Kata kunci : Pil tambah darah, kejadian anemia ibu, IFLS 5

ABSTRACT

Introduction : Anemia is a global problem that is common in developing countries. In 2011, anemia affected half a billion reproductive age women worldwide and there were 38% (32 million) in pregnant women and 29% (496 million) in nonpregnant women. It is estimated that there are half cases of anemia which are anemia due to lack of iron. In Indonesia, the highest prevalence of iron nutrition anemia is found in pregnant women at 37.1% and 22.7% in women of childbearing age. The causes of iron nutrition anemia are due to iron imbalances (unbalanced iron intake or absorption), increased iron requirements (pregnancy factors), effects of iron loss (bleeding), ANC (Antenatal Care) visit factors, gravida number factors (pregnancy), socio-demographic factors (age, education, mother's place) and the non-compliance of pregnant women to consume iron supplement that have been announced by the government (ie as many as 90 tablets during pregnancy). The Indonesian Family Life Survey (IFLS) is one of the longitudinal surveys that has national data sources. There are 5 waves of IFLS that have been carried out. Last IFLS 5 in 2014-2015. IFLS data was designed to understand behavioral changes and health outcomes which in this study focused on the consumption of iron pills (Fe) during pregnancy and will see outcomings of maternal anemia in Indonesia (Study analysis continued IFLS 5).

Purpose : Knowing the relationship of consumption of iron pills (Fe) during pregnancy with the incidence of maternal anemia in Indonesia.

Method : This study was an observational analytic study with a cross sectional design using IFLS 5 data (Indonesia Family Life Survey) in 2014-2015. The study sample was a mother who was an IFLS 5 study respondent who met the inclusion and exclusion criteria. The analysis was carried out by univariate, bivariate and multivariate conducted on the population of all women aged 15-49 years in IFLS 5.

Result : From the results of multiple logistic regression tests, the variables of education, mother's residence and history of bleeding at delivery were significantly associated with the incidence of maternal anemia with OR (95% CI) sequentially 1.38 (1.003-1.92), 0.63 (0.46-0.88) and 1.74 (1.01-3.00). While consumption of iron-added pills during pregnancy was not associated with the incidence of maternal anemia in Indonesia ($p = 0.760$) and OR (95% CI) = 1.05 (0.76-1.43).

Conclusion : There was no significant relationship between the consumption of poor iron pills during pregnancy with the incidence of maternal anemia in Indonesia ($p=0,760$). There was a significant relationship between maternal education, maternal residence and bleeding history at birth with the incidence of anemia in the mother ($p < 0.05$).

Keywords : iron pills (Fe), the incidence of maternal anemia, IFLS 5