

## ABSTRAK

### Hubungan Status Gizi dan Anemia Dengan Kejadian Perdarahan Post Partum Di BPM Jambu Kecamatan Lenteng Kabupaten Sumenep

Oleh: Erlyn Wahyuni

Ibu hamil yang mengalami status gizi dan anemia dan tidak tertangani hingga akhir kehamilan maka akan berpengaruh pada saat persalinan, sehingga dapat menyebabkan perdarahan post partum yang bisa mengakibatkan kematian pada ibu. Penelitian ini bertujuan untuk menganalisis hubungan status gizi kurang dan anemia dengan kejadian perdarahan post partum di BPM Jambu Kecamatan Lenteng Kabupaten Sumenep.

Desain penelitian ini adalah analitik dengan pendekatan *retrospektif*, jumlah populasi 35 ibu bersalin, jumlah sampel 29 ibu bersalin, teknik sampling menggunakan *random sampling*. Variabel independen yaitu status gizi kurang dan anemia, variabel *dependent* yaitu kejadian perdarahan post partum. Pengumpulan data menggunakan *check list*, analisa data menggunakan uji statistik *chi square* nilai  $\alpha = 0,05$ .

Hasil penelitian menunjukkan bahwa dari 18 ibu bersalin dengan status gizi kurang, mengalami perdarahan post partum 17 ibu bersalin. Dan dari 19 ibu bersalin dengan anemia mengalami perdarahan post partum sebanyak 17 ibu bersalin.

Hasil uji statistik dengan menggunakan *chi square* dengan nilai  $\alpha = 0,05$ , hasil nilai  $(p) = 0,000$ , sehingga nilai  $(p) < \alpha (0,000 < 0,05)$ , yang memiliki arti  $H_0$  di tolak dan  $H_1$  di terima, yaitu ada hubungan status gizi dan anemia dengan kejadian perdarahan post partum di BPM Jambu Kecamatan Lenteng Kabupaten Sumenep.

Agar dapat mengurangi kejadian perdarahan post partum tersebut maka ibu bersalin diharapkan dapat mencegah status gizi kurang dan anemia selama kehamilan yaitu dengan pemeriksaan rutin atau ANC (*Ante Natal Care*) secara teratur ditempat pelayanan kesehatan (minimal 4x selama masa kehamilan), banyak mengkonsumsi makanan yang mengandung protein seperti daging, hati, telur, sayur-sayuran, asam folat (vitamin c) dan konsumsi tablet Fe secara teratur serta cara minum yang benar dan sesuai kondisi/kebutuhan.

**Kata kunci: Status Gizi, Anemia, Kejadian Perdarahan Post Partum**

## ABSTRACT

### **The relationship between nutritional status and anemia with the incidence of post-partum hemorrhage in BPM Jambu, Lenteng District, Sumenep Regency**

**By: Erlyn Wahyuni**

Pregnant women who experience nutritional status and anemia and are not treated until the end of pregnancy will have an impact during delivery, which can cause post-partum bleeding which can result in death of the mother. This study aims to analyze the relationship between malnutrition status and anemia with the incidence of post partum hemorrhage in BPM Jambu, Lenteng District, Sumenep Regency.

The design of this research is an analytical approach *retrospective*, total population 35 mothers in labor, total sample 29 mothers in labor, sampling technique using *random sampling*. The independent variables are malnutrition status and anemia, variables *dependent* namely the incidence of post partum hemorrhage. Data collection using *check list*, data analysis using statistical tests *who squares* value  $\alpha = 0,05$ .

The results of the study showed that of the 18 mothers who gave birth with poor nutritional status, 17 mothers experienced post partum hemorrhage. And of the 19 mothers who gave birth with anemia, 17 women gave birth with post-partum bleeding.

Statistical test results using *chi square* with a value  $= 0,05$ , the resulting value  $(p) = 0,000$ , so that the value  $(p) < \alpha (0,000 < 0,05)$ , which means  $H_0$  is rejected and  $H_1$  is accepted, that is, there is a relationship between nutritional status and anemia with incidence of post partum hemorrhage in BPM Jambu, Lenteng District, Sumenep Regency.

In order to reduce the incidence of post-partum hemorrhage, it is hoped that mothers who are giving birth can prevent malnutrition and anemia during pregnancy, namely with routine check-ups or ANC (*Ante Natal Care*) regularly at health services (at least 4x during pregnancy), consuming lots of foods containing protein such as meat, liver, eggs, vegetables, folic acid (vitamin C) and consuming Fe tablets regularly and drinking correctly and appropriately conditions/needs.

**Keywords: Nutritional Status, Anemia, Post Partum Hemorrhage**