

ABSTRAK

HUBUNGAN *SELF EFFICACY* DENGAN PENCEGAHAN TERJADINYA ANEMIA PADA IBU HAMIL DI PUSKESMAS GANDING TAHUN 2022

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Anemia dalam kehamilan adalah suatu kondisi adanya penurunan sel darah merah atau menurunnya kadar hemoglobin (Hb) sehingga daya angkut oksigen untuk kebutuhan organ vital pada ibu dan janin berkurang. Untuk mencegah terjadinya anemia ibu hamil harus mempunyai *self efficacy* (keyakinan) yang kuat dalam dirinya bahwa dia mampu melakukan pencegahan terjadinya anemia. Baik dengan makan makanan yang bergizi dan rutin minum tablet tambah darah setiap hari pada masa kehamilan. Tujuan penelitian untuk mengetahui hubungan *self efficacy* dengan pencegahan terjadinya anemia pada ibu hamil di Puskesmas Ganding Tahun 2022. Jenis penelitian *cross sectional*. Variabel independen adalah *self efficacy*, variabel dependen pencegahan anemia. Waktu penelitian mulai bulan November-Desember 2022 di Puskesmas Ganding, populasi 70 orang, sampel 44 responden, teknik sampling menggunakan *simple random sampling*. Instrumen penelitian menggunakan kuesioner. Analisa data menggunakan uji *spearman rho*. Hasil penelitian menunjukkan sebagian responden ibu hamil mempunyai (keyakinan) yang baik 24 orang (54,5%). Sebagian responden dapat mencegah anemia dengan baik 25 orang (56,8%). Analisa data *spearman rho* diperoleh $p\text{-value} = 0,01$ ($P < 0,05$) yang berarti ada hubungan *self efficacy* dengan pencegahan terjadinya anemia pada hamil di Puskesmas Ganding Tahun 2022. Saran dari peneliti hasil penelitian ini dapat dijadikan sebagai masukan agar ibu hamil mempunyai keyakinan yang baik untuk mencegah terjadinya anemia, mendapat dukungan dari petugas kesehatan, keluarga dan masyarakat sehingga ibu dan janin sehat sampai persalinan tiba.

Kata kunci : *Self Efficacy, Pencegahan anemia, Ibu Hamil*

ABSTRACT

THE RELATIONSHIP BETWEEN SELF EFFICACY WITH THE PREVENTION OF ANEMIA IN PREGNANT WOMEN AT GANDING HEALTH CENTER IN 2022

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Anemia in pregnancy is a condition in which there is a decrease of red blood cells or hemoglobin (Hb) levels, so that the carrying capacity of oxygen for the needs of vital organs in the mother and fetus is reduced. To prevent anemia, pregnant women must providing strong *self-efficacy* (belief). It can be done by eating nutritious food and routinely taking iron tablets every day during pregnancy. The research objective was to determine the relationship between *self-efficacy* with the prevention of anemia in pregnant women at the Ganding Public Health Center in 2022. The type of research was cross-sectional. The independent variable was *self-efficacy*, the dependent variable was anemia prevention. The study started on November-December 2022 at the Ganding Health Center, the population was 70 people, sample was 44 respondents. The sampling technique used *simple random sampling*. The research instrument used a questionnaire. Data analysis used the *Spearman rho* test. The results showed that 24 people (54.5%) had good (belief). Some of the respondents were able to prevent anemia well, as many 25 people (56.8%). *Spearman rho* data analysis obtained p-value = 0.01 (P = <0.05) It means that there is a relationship between *self-efficacy* with the prevention of anemia in pregnant women at Ganding Health Center in 2022. Suggestions from researcher is that this study can be used as input so that pregnant women have good confidence to prevent anemia, get support from health workers, families and communities so that the mother and fetus are healthy until labor.

Keywords: *Self Efficacy*, Prevention of anemia, Pregnant Women