

ABSTRAK

Sari, Raiza Ulumiah, 2020. Prevalensi Anemia pada Ibu Hamil. Skripsi Studi Literatur. Program Studi Sarjana Terapan Kebidanan. Politeknik Kesehatan Kemenkes Malang Pembimbing Utama : Didien Ika Setyarini, S.SiT.,M.Keb Pembimbing Pendamping : Desy Dwi Cahyani S.ST.,M.Keb

Volume darah total merupakan kombinasi volume plasma yang meningkat sekitar 75% dan volume sel darah merah yang meningkat sekitar 33% dari nilai sebelum hamil. Maka nampak peningkatan volume plasma yang lebih besar daripada sel darah merah. Semua ini menyebabkan terjadinya hemodilusi (pengenceran darah). Penelitian ini bertujuan untuk menggambarkan prevalensi anemia pada ibu hamil. Desain penelitian menggunakan studi literatur. Pencarian studi literatur menggunakan database *Pubmed* dan Google Scholar. Literatur tersebut diseleksi sesuai dengan kriteria inklusi yaitu artikel ilmiah maksimal 4 tahun, tersedia full text dan artikel sesuai dengan tema penulis dan didapatkan 12 literatur. Hasil telaah didapatkan bahwa 1 jurnal yang menggambarkan prevalensi anemia pada ibu hamil Penelitian yang dilakukan oleh yayang di Denpasar tahun 2015 menggambarkan bahwa prevalensi anemia di tahun 2015 sebesar 31,9%, Pada 4 jurnal menggambarkan kadar Hb yang disertai dengan usia kehamilan, 6 jurnal hanya menggambarkan kadar Hb tanpa mendeskripsikan usia kehamilan berdasarkan Trimester. Kekurangan kadar hemoglobin (Hb) ibu hamil merupakan salah satu permasalahan kesehatan yang rentan terjadi selama kehamilan. Kadar Hb yang <11 gr/dl mengindikasikan ibu hamil menderita anemia. Banyak penelitian mengatakan bahwa mayoritas ibu hamil Trimester III mengalami anemia hal ini disebabkan karena pengecekan kadar Hb ibu hamil dilakukan pada Trimester I dan Trimester III.

Kata Kunci : Prevalensi anemia, anemia ibu hamil

ABSTRACT

Sari, Raiza Ulumiah, 2020. *Prevalence of Anemia in Pregnant Women. Literature Review. Applied Midwifery Bachelor Study Program. Ministry of Health Polytechnic Malang.*
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Total blood volume is the combination of plasma volume increased by about 75% and red cell volume increased by about 33% from the pre-pregnancy value. Then it appears that the increase in plasma volume is greater than that of red blood cells. All of this causes hemodilution (blood thinning). This study aims to describe the prevalence of anemia in pregnant women. The research design used literature study. Search for literature studies using the Pubmed and Google Scholar databases. The literature was selected according to the inclusion criteria, namely scientific articles for a maximum of 4 years, full text and articles were available according to the author's theme and obtained 12 literatures. The results of the study found that 1 journal describing the prevalence of anemia in pregnant women. Research conducted by Yayang in Denpasar in 2015 described that the prevalence of anemia in 2015 was 31.9%, In 4 journals describing Hb levels accompanied by gestational age, 6 journals only described Hb levels without describing gestational age by trimester. Lack of hemoglobin (Hb) levels of pregnant women is one of the health problems that are prone to occur during pregnancy. Hb levels <11 g / dl indicate that pregnant women suffer from anemia. Many studies say that the majority of trimester III pregnant women experience anemia, this is due to checking the hemoglobin levels of pregnant women in the first trimester and third trimester.

Key Words : Prevalence of Anemia, Anemia In Pregnant woman