

**Pengalaman Ibu Hamil Yang Mengalami Anemia Selama
Kehamilan Di Rumah Sakit Umum Imelda Pekerja
Indonesia 2024**

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ABSTRAK

Latar belakang: Anemia merupakan suatu keadaan dimana tubuh memiliki jumlah sel darah merah (eritrosit) yang terlalu sedikit, yang mana sel darah merah itu mengandung hemoglobin yang berfungsi untuk membawa oksigen ke seluruh jaringan tubuh. Pada masa kehamilan tubuh akan mengalami perubahan yang signifikan dan penurunan sel darah merah (Hb) selama kehamilan, pentingnya pengetahuan tentang anemia, mengatur pola makan selama kehamilan, konsumsi tablet Fe dan kunjungan ANC selama kehamilan. **Tujuan:** penelitian ini bertujuan untuk mengeksplor pengalaman ibu hamil yang mengalami anemia selama kehamilan di Rumah Sakit Umum Imelda Pekerja Indonesia 2024. **Metode :** penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Data dikumpulkan melalui wawancara mendalam dengan ibu hamil di Rumah Sakit Umum Imelda Pekerja Indonesia mengenai pemahaman ibu hamil tentang anemia, pola makan selama kehamilan, kepatuhan konsumsi tablet tambah darah dan kunjungan ANC ibu selama kehamilan. **Hasil :** hasil penelitian ini menunjukkan bahwa adanya ibu hamil yang berpengetahuan baik dan ada juga ibu hamil yang berpengetahuan kurang, pola makan selama kehamilan yang masih sembarangan, pemilihan jenis makanan yang tidak mengandung zat besi dan asam folat selama hamil, tidak kepatuhan ya konsumsi tablet Fe selama kehamilan dan kunjungan pemeriksaan kehamilan (ANC) belum rutin ibu lakukan selama kehamilan.

Kata kunci: pengalaman, ibu hamil, anemia kehamilan

Experience of Pregnant Women Experiencing Anemia During Pregnancy at Imelda General Hospital, Indonesian Workers 2024

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ABSTRACT

Background: Anemia is a condition in which the body has too few red blood cells (erythrocytes), which contain hemoglobin which functions to carry oxygen to all body tissues. During pregnancy, the body will experience significant changes and a decrease in red blood cells (Hb) during pregnancy, the importance of knowledge about anemia, regulating diet during pregnancy, consumption of iron tablets and ANC visits during pregnancy. **Objective:** This study aims to explore the experiences of pregnant women who experience anemia during pregnancy at Imelda General Hospital, Indonesian Workers 2024. **Method:** This study uses a qualitative method with a phenomenological approach. Data were collected through in-depth interviews with pregnant women at Imelda General Hospital, Indonesian Workers regarding pregnant women's understanding of anemia, diet during pregnancy, compliance with iron tablet consumption and maternal ANC visits during pregnancy. **Results:** The results of this study indicate that there are pregnant women who have good knowledge and there are also pregnant women who are less knowledgeable, eating patterns during pregnancy are still haphazard, choosing types of food that do not contain iron and folic acid during pregnancy, not complying with consuming iron tablets during pregnancy and pregnancy check-up visits (ANC) have not been routinely done by mothers during pregnancy.

Keywords: experience, pregnant women, pregnancy anemia