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OVERVIEW OF THE INCIDENCE OF ANEMIA IN WOMEN OF CHILDBEARING AGE

Elsya Bela Putri[1], Devi Kurniasari[2], Ledy Octaviani Iqmy[3]

[1,2,3]DIII Kebidanan, Fakultas Ilmu Kesehatan, Universiras Malahayati
Email: elsyabelaputri@icloud.com

ABSTRACT : GAMBARAN UMUM INSIDEN ANEMIA PADA WANITA USIA MELAHIRKAN

Latar belakang: Anemia merupakan salah satu masalah kesehatan masyarakat di Indonesia yang dapat dialami oleh semua kelompok umur mulai dari balita sampai usia lanjut. usia subur wanita adalah pada saat mereka berusia 15-49 tahun. Sementara puncak masa subur dan kualitas telur terbaik wanita berada pada 20-30 tahun.

Tujuan: untuk mengetahui gambaran kejadian anemia pada Wanita usia subur di puskesmas rawat inap way kandis pada bulan januari tahun 2024.

Metode: Jenis penelitian yang di gunakan adalah kuantitatif, menggunakan datu sekunder. Pengumpulan data menggunakan rekam medis pasien yang sesuai dengan kebutuhan peneliti. Penelitian ini disajikan dalam bentuk analisis univeriat dengan menggunakan metode desktiftif retrospekif mengunakan Variable kadar Hb, dan umur.

Hasil: dari 56 responden yang kadar hemoglobin atau anemia ringan (11-11.9 gr/dL) sebanyak 26 (46.43%), anemia sedang (8-10.9 gr/dL) sebanyak 30 (53.57%), anemia berat (8 gr/dL) sebanyak 0. Dan dari 56 responden yang memiliki usia beresiko rendah (20-35 tahun) sebanyak 48 (85.71%). Sedangkan responden usia beresiko tinggi (20 tahun - 35 tahun) sebanyak 8 (14.29%) responden.

Kesimpulan: WUS dengan anemia di puskesmas way kandis didominasi anemia sedang anemia sedang (8-10.9 gr/dL) sebanyak 30 (53.57%) dan didominasi oleh umur dengan resiko rendah (20-35 tahun) sebanyak 48 (85.71%).

Kata kunci: Anemia, Wanita, Wanita Usia Subur

ABSTRACT

Background: Anemia is one of the public health problems in Indonesia that can be experienced by all age groups from toddlers to the elderly. The fertile age of women is when they are 15-49 years old. Meanwhile, the peak of the fertile period and the best egg quality of women is at 20-30 years.

Objective: to find out the picture of the incidence of anemia in women of childbearing age at the Way Kandis inpatient health center in January 2024.

Methods: The type of research used is quantitative, using secondary datu. Data collection uses patient medical records that are in accordance with the researcher's needs. This study is presented in the form of a univenirate analysis using a retrospective descriptive method using Variable Hb levels, and age.

Results: out of 56 respondents whose hemoglobin or anemia levels were mild (11-11.9 gr/dL) as many as 26 (46.43%), moderate anemia (8-10.9 gr/dL) as many as 30 (53.57%), severe anemia (8 gr/dL) as many as 0. And of the 56 respondents who have a low-risk age (20-35 years), as many as 48 (85.71%). Meanwhile, respondents of high-risk age (20 years - 35 years) were 8 (14.29%) respondents.

Conclusion: WUS with anemia in the Way Kandis Health Center was dominated by moderate anemia (8-10.9 gr/dL) as much as 30 (53.57%) and dominated by low-risk age (20-35 years) as much as 48 (85.71%).

Keywords: Anemia, Women, Women of Childbearing Age.

INTRODUCTION

Anemia is a public health problem in Indonesia that can be experienced by all age groups from toddlers to the elderly. Riskesdas 2013 shows that the prevalence of anemia in women aged ≥15 years is 22.7%, while the prevalence of anemia in pregnant women is 37.1%.

According to the World Health Organization (WHO), a woman's fertile age is when they are 14-49 years old. Meanwhile, women's peak fertile period and best egg quality are at 20-30 years.

Usually at childbearing age, it is easier for women to get pregnant.

Women naturally experience menstruation, pregnancy and childbirth phases in their life cycle, so they have the potential to experience anemia. The large amount of blood that comes out during the menstrual process plus parasite infestation causes anemia in young women. Heavy menstrual bleeding is experienced by 37.9% of women of childbearing age. In pregnant women, where there is plasma expansion of red blood cells by approximately 6% -55% and an increase in red blood cell volume by 18% -25%, then hemodilution occurs; or precisely physiological anemia in pregnancy (Pels and Ganzevoort, 2015).

Anemia is a common blood disorder that occurs when the level of red blood cells (erythrocytes) in the body becomes too low. This can cause health problems because red blood cells contain hemoglobin, which carries oxygen to body tissues. Anemia can cause various complications, including fatigue and stress on the body's organs. Having normal red blood cell levels and preventing anemia requires cooperation between the kidneys, bone marrow and nutrients in the body. If the kidneys or bone marrow are not functioning, or the body is malnourished, then normal red blood cell counts and function may be difficult to maintain.

Hemoglobin is a component in red blood cells/erythrocytes which functions to bind oxygen and deliver it to all body tissue cells. Oxygen is needed by body tissues to carry out their functions. Lack of oxygen in brain and muscle tissue will cause symptoms including lack of concentration and lack of fitness in carrying out activities. Hemoglobin is formed from a combination of protein and iron and forms red blood cells/erythrocytes (Ministry of Health, 2016: 11).

RESEARCH METHODS

Type of research used in this research is quantitative, namely the type of research to get an accurate picture of a problem description in the form of clarifying data (Sugiono, 2019)

When the research was carried out on 20 February - 20 March 2024, the research was carried out at the Way Kandis Inpatient Health Center in 2024. This research design was descriptive, namely the researcher's design which aimed to describe certain variables (Sugiyono, 2019).

In this study, the researcher aims to find a description of anemia in women of childbearing age at the Way Kandis Inpatient Health Center in 2024

Population is all the elements that are used as a generalization area (Sugiyono, 2019). The total population in this study was all women of childbearing age who experienced anemia who underwent examinations at the Way Kandis Community Health Center in January, totaling 97 women of childbearing age with 56 who experienced anemia at the Way Kandis Community Health Center in 2024. The quantitative research sample was part of the number and characteristics owned by that population (sugiyomo, 2019). The sample in this study used a sample population technique. The sample in this study amounted to 56 respondents.

RESEARCH RESULTS

Data collection was carried out by collecting patient medical records according to the researcher's needs. The data are medical records of women of childbearing age who were affected by anemia in 2024. This research is presented in the form of a universal analysis using a quantitative, retrospective descriptive method, with the aim of getting an overview of a number of characteristics of the problem being studied. Variables in data collection regarding the description of anemia in women of childbearing age at the Way Kandis inpatient health center are Hb levels and age.

Table 1
Frequency distribution of anemia in women of childbearing age based on hemoglobin levels at the Way Kandis inpatient health center in 2024

Hemoglobin levels		
Valid	**Frequency**	**Percent**
Light	26	46.43
Currently	30	53.57
Heavy	0	0

Based on the table above, 26 (46.43%) respondents had hemoglobin levels or mild anemia (11-11.9 gr/dL), 30 (53.57%) had moderate anemia (8-10.9 gr/dL), while 30 (53.57%) respondents had severe anemia. (<8 gr/dL) as many as 0 respondents.

Table 2
Frequency distribution of anemia in women of childbearing age based on age at the Way Kandis inpatient health center in January 2024

Age		
Valid	**Frequency**	**Percent**
Low risk	48	85.71
High risk	8	14.29

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Based on the table above, 48 (85.71%) respondents were at low risk (20-35 years). Meanwhile, there were 8 (14.29%) respondents who were at high risk (<20 years - >35 years).

DISCUSSION

From the research results obtained by women of childbearing age with anemia at the Way Kandis inpatient health center in January 2024, there were 56 respondents with a description of respondents based on hemoglobin levels showing that the hemoglobin level of mild anemia (11-11.9 gr/dL) was 26 (46.43%) respondents, moderate anemia (8-10.9 gr/dL) was 30 (53.57%) respondents. while severe anemia (<8 gr/dL) was 0 respondents. The results of this research showed that women of childbearing age with anemia at the Way Kandis inpatient health center in January 2024 based on hemoglobin levels were more dominated by the group of women of childbearing age with hemoglobin levels (8-10.9 gr/dL) or moderate anemia, namely 30 (53.57%) respondents.

According to theory, the categories for determining anemia status are WHO, 1989 in Oppusunggu, 2009: No anemia, if Hb level is > 12 - 14 gr/dl, Mild anemia, if Hb level is 10-11.9 gr/dl, Moderate anemia, if Hb level is 8 - 9.9 gr/dl, Severe Anemia, if Hb Level <8 gr/dL.

Women naturally experience menstruation, pregnancy and childbirth phases in their life cycle, so they have the potential to experience anemia. The large amount of blood that comes out during the menstrual process plus parasite infestation causes anemia in young women. Heavy menstrual bleeding is experienced by 37.9% of women of childbearing age. In pregnant women, where there is plasma expansion of red blood cells by approximately 6% -55% and an increase in red blood cell volume by 18% -25%, then hemodilution occurs; or precisely physiological anemia in pregnancy (Pels and Ganzevoort, 2015).

This research is in line with research by Dini Lestrina, et al (2015) which shows that the anemia status of WUS before intervention was mild anemia as many as 11 people (16%), moderate anemia as many as 33 people (47%), and severe anemia as many as 6 people (9 %). It can be seen that after the intervention there were differences in anemia status, namely WUS with normal anemia status as many as 27 people (54%), mild anemia as many as 20 people (40%), and moderate anemia as many as 3 people (6%), and no severe anemia was found.

Based on the results of the research, according to the researchers, the hemoglobin levels of women of childbearing age with moderate anemia, namely in Dini Lestiana, et al.'s (2015) research, were 33 people. Meanwhile, the research results of the researcher with moderate anemia were 30 respondents.

From the research results obtained by women of childbearing age with anemia at the Way Kandis inpatient health center in January 2024, there were 56 respondents with descriptions based on age. Of the 56 respondents who were at low risk (20-35 years) there were 48 (85.71%) respondents. Meanwhile, there were 8 (14.29%) respondents who were at high risk (<20 years - >35 years). The results of this research showed that women of childbearing age with anemia at the Way Kandis Community Health Center in January 2024 based on age were predominantly in the low risk age group (20-35 years) as many as 48 (85.71%) respondents

Women of childbearing age will experience the menstrual phase every month and will lose a lot of blood. And will experience the phases of pregnancy, childbirth, breastfeeding and postpartum. According to theory, women of childbearing age with anemia are on average <20 years or >35 years old, where during this period pregnant women tend to be more at risk of experiencing pregnancy complications. The healthy age for pregnancy is between 20-35 years. In women who are pregnant <20 years old, there is a tendency for emotions to remain unstable so there is less attention to nutritional intake during pregnancy, so there is a risk of causing pregnancy anemia. Meanwhile, women aged >35 years have experienced a decline in the quality and function of their reproductive organs, plus various diseases that may arise, making them very at risk of becoming pregnant and giving birth. (Amirudin, 2014).

This research is in line with research conducted by Fella Cika Attaqy et al. (2019) in their research found that women of childbearing age who were affected by anemia were dominated by women of childbearing age aged 20-35 years, namely 1406 respondents or 56%.

CONCLUSION

Based on the results of research and discussion of data regarding the description of the incidence of anemia in women of childbearing age at the Way Kandis inpatient health center in January 2024, it can be concluded as follows. The results of the study show that the incidence of anemia in women of childbearing age at the Way Kandis inpatient health center in January in 2024 there will be 56 respondents. The research results showed

that of the 56 respondents, women of childbearing age who were anemic based on their hemoglobin levels were dominated by moderate anemia (8-10.9 gr/dL) as many as 30 respondents (53.57%). The results of the study showed that of the 56 respondents, women of childbearing age who were anemic based on age at risk were dominated by those aged at low risk (20-35 years) amounting to 48 respondents (85.71%)

SUGGESTION

It is hoped that pregnant women can increase their knowledge about this by seeking information about risk factors for anemia. Women of childbearing age will experience the phases of menstruation, pregnancy, breastfeeding, childbirth and the postpartum period so they must pay attention to their normal hemoglobin levels. Women of childbearing age are 12 gr/dL.

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