ABSTRAK

Pandaka, Eybensale Dededurip. 2025. Hubungan Kepatuhan Asupan Suplemen Dan Indeks Massa Tubuh (IMT) Dengan Kejadian Anemia Pada Ibu Hamil Di Puskesmas Wagir Kabupaten Malang. Tugas Akhir, Program Studi Keperawatan, Fakultas Ilmu Kesehatan Universitas Tribhuwana Tunggadewi Malang: Pembimbing (1) Susmini. Pembimbing (2) Novita Dewi.

Masalah yang sering dialami oleh ibu hamil salah satunya yaitu anemia. Kasus anemia pada ibu hamil berkaitan dengan kepatuhan asupan suplemen dan indeks massa tubuh (IMT). Tujuan penelitian yaitu untuk mengetahui hubungan kepatuhan asupan suplemen dan indeks massa tubuh (IMT) dengan kejadian anemia pada ibu hamil di Puskesmas Wagir Kabupaten Malang. Desain penelitian mengunakan desain *korelasi* dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 41 ibu hamil dan sampel penelitian sebanyak 37 responden dengan penentuan menggunakan *simple random sampling*. Teknik pengumpulan data menggunakan instrumen berupa kuesioner. Uji analisis data yang di gunakan yaitu uji *Chi Square*. Hasil penelitian membuktikan sebagian besar 19 (51,4%) responden memiliki kepatuhan asupan suplemen kategori tidak patuh, hampir separuh 18 (48,6%) responden memiliki indeks massa tubuh (IMT) kategori kurus dan hampir seluruh 35 (94,6%) responden mengalami kejadian anemia kategori ringan. Hasil uji *Chi Square* menunjukkan terdapat hubungan kepatuhan asupan suplemen dan indeks massa tubuh (IMT) dengan kejadian anemia pada ibu hamil di Puskesmas Wagir Kabupaten Malang didapatkan *p value* = (0,000) < (0,05). Peneliti selanjutnya diharapkan untuk mengetahui faktor mempengaruhi kejadian anemia seperti pola makan.

Kata Kunci: *Kepatuhan Asupan Suplemen, Indeks Massa Tubuh (IMT), Kejadian Anemia, Ibu Hamil.*

ABSTRACT

Pandaka, Eybensale Dededurip. 2025. The Relationship Between Supplement Intake Compliance and Body Mass Index (BMI) with the Incidence of Anemia in Pregnant Women at the Wagir Community Health Center in Malang City. Final Project, Nursing Study Program, Faculty of Health Sciences, University Of Tribhuwana Tunggadewi Malang: Supervisor (1) Susmini (2) Novita Dewi.

One of the common problems experienced by pregnant women is anemia. Cases of anemia in pregnant women are related to adherence to supplement intake and body mass index (BMI). The aim of the research is to determine the relationship between adherence to supplement intake and body mass index (BMI) with the incidence of anemia in pregnant women at Wagir Health Center in Malang City. The study design used a correlational design with a cross-sectional approach. The research population consisted of 41 pregnant women, and the research sample consisted of 37 respondents determined using simple random sampling. Data collection techniques used an instrument in the form of a questionnaire. The data analysis test used was the Chi Square test. The research results prove that the majority of 19 (51,4%) respondents had non-compliance with supplement intake, almost half of 18 (48,6%) respondents had a body mass index (BMI) in the underweight category, and almost all 35 (94,6%) respondents experienced mild anemia. The Chi Square test results showed a relationship between compliance with supplement intake and body mass index (BMI) with the occurrence of anemia in pregnant women at the Wagir Health Center in Malang City, with a p value = (0,000) < (0,05). Future researchers are expected to determine the factors influencing the occurrence of anemia, such as dietary patterns.

Keywords: *Supplement Intake Compliance, Body Mass Index (BMI), Incidence of Anemia, Pregnant Mothers.*