

## ABSTRAK

**Hena Lestari Harahap. NIM : 5193540026. Hubungan Kebiasaan Makan dan Aktivitas Fisik dengan Kejadian Anemia Pada Ibu Hamil di Puskesmas Sitinjak Tapanuli Selatan. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2025.**

Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik responden (usia responden, usia kehamilan, pendidikan responden dan suami responden, pekerjaan responden dan suami responden, pendapatan keluarga, dan besaran keluarga); (2) Kebiasaan makan ibu hamil; (3) Aktivitas fisik ibu hamil; (4) Kadar hemoglobin ibu hamil; (5) Hubungan kebiasaan makan dengan kejadian anemia pada ibu hamil; (6) Hubungan aktivitas fisik dengan kejadian anemia pada ibu hamil; (7) Hubungan kebiasaan makan dan aktivitas fisik dengan kejadian anemia pada ibu hamil. Tempat penelitian di Puskesmas Sitinjak Selatan Kec. Angkola Barat, Kab. Tapanuli Selatan. Waktu penelitian ini dilaksanakan pada bulan September 2024 s/d Desember 2024. Populasi penelitian ini adalah seluruh ibu hamil trimester I, dan II di Puskesmas Sitinjak dengan sampel sebanyak 55 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan pengisian kuesioner dan pemeriksaan kadar hemoglobin. Teknik analisis data secara deskriptif data, uji hipotesis menggunakan uji *chi-square*. Kebiasaan makan responden mayoritas berada pada kategori baik (58%). Selanjutnya tingkat aktivitas fisik responden mayoritas berada pada kategori sedang (87%). Sedangkan angka kejadian anemia yang dialami responden sebanyak 49%, artinya mayoritas responden tidak mengalami kejadian anemia (51%). Hasil penelitian menunjukkan terdapat hubungan yang positif dan signifikan antara kebiasaan makan dengan kejadian anemia pada ibu hamil, dimana nilai  $p = 0,043 < 0,05$ , artinya semakin baik kebiasaan makan maka akan semakin rendah resiko ibu hamil mengalami kejadian anemia. Sedangkan aktivitas fisik tidak memiliki hubungan yang signifikan dengan kejadian anemia pada ibu hamil. dimana nilai  $p = 0,998 > 0,05$ .

**Kata Kunci:** Kebiasaan makan, Aktivitas fisik, Kejadian anemia, Ibu hamil.

## ABSTRACT

***Hena Lestari Harahap. NIM: 5193540026. The Relationship between Eating Habits and Physical Activity with the Incidence of Anemia in Pregnant Women at the Sitinjak Health Center, South Tapanuli. Nutrition Study Program. Department of Family Welfare Education. Faculty of Engineering. State University of Medan. 2025.***

*This study aims to determine: (1) Characteristics of respondents (age of respondents, gestational age, education of respondents and husbands, occupation of respondents and husbands, family income, and family size); (2) Eating habits of pregnant women; (3) Physical activity of pregnant women; (4) Hemoglobin levels of pregnant women; (5) The relationship between eating habits and the incidence of anemia in pregnant women; (6) The relationship between physical activity and the incidence of anemia in pregnant women; (7) The relationship between eating habits and physical activity and the incidence of anemia in pregnant women. The research location is at the Sitinjak Selatan Health Center, West Angkola District, South Tapanuli Regency. The time of this research was conducted in September 2024 to December 2024. The population of this research was all pregnant women in the first and second trimesters at the Sitinjak Health Center with a sample of 55 people. The research design was cross-sectional. Data collection techniques used questionnaires and hemoglobin level checks. Data analysis techniques were descriptive data, hypothesis testing using the chi-square test. The majority of respondents' eating habits were in the good category (58%). Furthermore, the majority of respondents' physical activity levels were in the moderate category (87%). While the incidence of anemia experienced by respondents was 49%, meaning that the majority of respondents did not experience anemia (51%). The results showed that there was a positive and significant relationship between eating habits and the incidence of anemia in pregnant women, where the  $p$  value =  $0.043 < 0.05$ , meaning that the better the eating habits, the lower the risk of pregnant women experiencing anemia. While physical activity does not have a significant relationship with the incidence of anemia in pregnant women, where the  $p$  value =  $0.998 > 0.05$ .*

***Keywords:*** *Eating habits, Physical activity, Incidence of anemia, Pregnant women.*