

**HUBUNGAN INDEKS ERITROSIT PADA IBU HAMIL DENGAN
KURANG ENERGI KRONIK (KEK) DI WILAYAH
PUSKESMAS LEBAKBARANG
KABUPATEN PEKALONGAN**

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ABSTRAK

Angka Kematian Ibu dapat menggambarkan tingkat kesadaran perilaku kesehatan. KEK merupakan salah satu penyebab tidak langsung kematian ibu. Anemia pada bumil KEK yang sering terjadi *anemia defisiensi besi* dengan penurunan kadar hemoglobin mulai dari yang ringan sampai berat. Penelitian ini bertujuan untuk mengetahui hubungan indeks eritrosit pada ibu hamil dengan Kurang Energi Kronik (KEK) di Wilayah Puskesmas Lebakbarang Kabupaten Pekalongan. Desain penelitian adalah observasi analitik dengan pendekatan *cross sectional*. Sampel penelitian adalah ibu hamil KEK di Puskesmas Lebakbarang Kabupaten Pekalongan sebanyak 30 orang. Alat pengumpulan data adalah Automated hematology analyzer (Diatron Abacus3), spuit 3 ml, tourniquet, tabung vacutainer EDTA, kapas alkohol 70%, handscoon/sarung tangan, masker, meteran. Analisis data menggunakan *spearman rank*. Hasil uji *spearman rank* menunjukkan tidak ada hubungan antara indeks eritrosit dengan LILA diperoleh ρ value sebesar $0,938 > 0,05$. Perlu peningkatan pendidikan kesehatan pada ibu hamil tentang gizi ibu hamil sehingga dapat dilakukan tindakan pencegahan seperti konsumsi tablet Fe, memperbaiki asupan gizi.

Kata kunci: Indeks eritrosit, ibu hamil, KEK

**THE CORRELATION ERYTHROCYTE INDEX OF PREGNANT
WOMEN WITH CHRONIC ENERGY DEFICIENCY (KEK)
IN PUBLIC HEALTH LEBAKBARANG
IN PEKALONGAN REGENCY**

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ABSTRACT

Maternal mortality rate describe level of health behavior awareness. KEK is one of the indirect causes of maternal death. Anemia in pregnant women with KEK that often occurs with iron deficiency anemia with a decrease in hemoglobin levels ranging from mild to severe. This study aimed determined the correlation erythrocyte index of pregnant women with Chronic Energy Deficiency (KEK) in Public Health Lebakbarang in Pekalongan Regency. The research design used analytic observation with cross sectional approach. The sample of this research were pregnant women with KEK in Public Health Lebakbarang Pekalongan Regency as many as 30 people. The instrument of research used he Automated Hematology Analyzer (Diatron Abacus3), 3 ml syringe, tourniquet, EDTA vacutainer tube, 70% alcohol cotton, handscooon / glove, mask, meter. Data analysis used spearman rank. The Spearman rank test results showed there was not correlation erythrocyte index of pregnant women with Chronic Energy Deficiency (KEK) in Public Health Lebakbarang in Pekalongan Regency with ρ value: 0,938. Need to improve health education for pregnant women about pregnant women nutrition that preventive measure such as consumption of Fe tablets, improve nutritional intake.

Keywords : erythrocyte index, pregnant women, KEK