

**ABSTRACT**

**RELATIONSHIP BETWEEN THE NUTRITIONAL STATUS OF  
PREGNANT WOMEN WITH THE INCIDENCE OF ANEMIA**

Cross Sectional Study in Poli KIA Puskesmas Kebong  
Sintang Regency West Kalimantan

**By : Rafika Fransiska**

Anemia in pregnant women impacts the amount of maternal mortality and morbidity, increase the amount of fetal death and low birthweight. The aimed of this study was to determine relationship between nutritional status and anemia in pregnant women in Poli KIA Puskesmas Kebong Kabupaten Sintang Kalimantan Barat.

Design used in this study was cross sectional with purposive sampling technique. There were 32 respondents include in this research. The independent variable was nutritional status. The dependent variable was anemia. Nutritional status were measured by observation sheet. Anemia status was measured using digital hemoglobinometer. Data were analyzed using statistical test Chi-Square.

The result showed that the nutritional status variables according ideal body weight of pregnant women with anemia obtained  $p = 0.035$  which means that there is a relationship of nutritional status according ideal body weight of pregnant with anemia, and nutritional status variables according upper arm circumference with anemia obtained  $p = 0.014$  which means that there is a relationship of nutritional status according upper arm circumference with anemia.

Anemia may occur in pregnant women therefore all pregnant women are advised to maintain nutritional status in order to have reserves of iron to meet the needs of the body and the fetus so that the mother can avoid anemia in pregnancy.

**Keywords:** anemia status, nutrition status, pregnant women.