

The Relationship Between Anemia Status of Pregnant Women and Quality of Life Pregnant Women in Physical and Psychological Aspects at Karang Duren Community Health Center

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ABSTRACT

In Indonesia, anemia is a relatively common health problem among pregnant women. It can affect both physical and mental conditions during pregnancy. Low hemoglobin levels are a sign of this condition, which may cause fatigue, dizziness, difficulty concentrating, as well as anxiety and stress, thereby reducing the quality of life of pregnant women. The aim of this study was to examine how anemia status affects the quality of life of pregnant women at the Karang Duren Community Health Center. This study used a quantitative analytical method with a cross-sectional approach. The respondents were 69 pregnant women. The results showed that the majority of respondents did not experience anemia and had a good quality of life. However, pregnant women with anemia tended to have a lower quality of life compared to those without anemia. Statistical test results showed a significant relationship between anemia status and the quality of life of pregnant women in the physical and psychological aspects ($r = 0.554$; $p = 0.000$). This indicates that anemia contributes to poorer quality of life in pregnant women. Therefore, promotive and preventive actions are needed, such as increasing iron intake, adhering to iron supplement consumption, and attending regular health check-ups.

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