

ABSTRACT

Anemia in pregnant women remains one of the health issues with a relatively high incidence rate and the potential to adversely affect the health of both the mother and the fetus. Based on data from the Karang Duren Community Health Center in 2024, the number of anemia cases among pregnant women reached 1,008 out of 1,203 pregnant women (83.79%), thus necessitating preventive efforts through increased empowerment of pregnant women. This study was conducted to analyze the relationship between the level of empowerment of pregnant women and their anemia prevention behaviors in the service area of the Karang Duren Community Health Center. This study is a quantitative study with a cross-sectional design. The population in this study consisted of all 239 pregnant women registered as active in the service area of the Karang Duren Community Health Center. The study sample comprised 69 respondents selected using stratified random sampling. Data were collected through a questionnaire that measured the level of empowerment among pregnant women and their anemia prevention behaviors. The data were then analyzed using the Spearman correlation test. The results showed that the majority of respondents fell into the category of good anemia prevention behaviors, at a rate of 63.8%. The Spearman's correlation test revealed a significant relationship between the level of empowerment among pregnant women and their anemia prevention behaviors, with a p-value of 0.001 and a moderate correlation strength ($r = 0.400$). This indicates that an increase in the level of empowerment among pregnant women is associated with improved behaviors aimed at preventing anemia in the service area of the Karang Duren Community Health Center. Therefore, health workers are needed to enhance education and empowerment of pregnant women through mentoring, health education, and family involvement in anemia prevention efforts.

Keywords: empowerment, pregnant women, anemia, preventive behaviors