

Faktor-Faktor Kejadian Anemia Anak Usia 0-23 bulan di Indonesia Tahun 2018 (Analisis Data Sekunder Riskesdas 2018)

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Abstrak

Prevalensi anemia anak di Indonesia, berdasarkan data Riskesdas tahun 2013, sebanyak 28,1%. Angka ini meningkat dari sebelumnya di tahun 2007 hanya sebesar 27,7%. Lalu meningkat lagi di tahun 2018 pada riskesdas menunjukkan angka 38,5%. Hasil penelitian Zuffo et al., 2016); Prieto-Patron et al., 2018; Li et al., 2019; Woldie, Kebede and Tariku, 2015; Konstantyner, Roma Oliveira and De Aguiar Carrazedo Taddei, 2012 menunjukkan bahwa kelompok yang lebih berisiko menderita anemia adalah usia 0-23 bulan. Penelitian di Bali tahun 2019 juga menunjukkan hasil yang sama bahwa sebanyak 71% anak berusia dibawah dua tahun menderita anemia, sedangkan hanya 9% anak usia diatas dua tahun yang menderita anemia. Untuk itu penelitian ini perlu dilakukan agar dapat diketahui faktor-faktor yang berhubungan dengan kejadian anemia baduta di Indonesia. Tujuan dari penelitian ini adalah mengetahui prevalensi kejadian anemia baduta di Indonesia dan faktor-faktor yang berhubungan dengan kejadian anemia baduta di Indonesia. Penelitian ini menggunakan data sekunder dari Riskesdas tahun 2018. Desain penelitian yang digunakan adalah cross-sectional dengan jumlah responden sebanyak 832 anak. Penelitian ini juga melakukan uji multivariat yaitu regresi logistic, untuk mengetahui faktor dominan kejadian anemia pada baduta di Indonesia. Berdasarkan hasil analisis, diketahui bahwa prevalensi anemia baduta mencapai 54,9%. Pada penelitian ini usia baduta 0-11 bulan [OR 1,770 (1,33-2,34)], status gizi wasting [OR 1,626 (1,03-2,55)], status gizi underweight [OR 1,556 (1,05-2,33)], pendidikan ibu rendah [OR 2,512 (1,39-4,54)], pendidikan ibu menengah [OR 1,893(1,07-3,32)], dan wilayah rumah tinggal perdesaan [OR 1,386 (1,05-1,82)] ditemukan berhubungan signifikan dengan kejadian anemia baduta. Variabel paling dominan yang ditemukan adalah usia baduta. Oleh karena itu, disarankan bagi dinas kesehatan di Indonesia untuk menanggulangi anemia diharapkan posyandu dan puskesmas dapat sedini mungkin mendeteksi anemia pada anak, yakni pada rentang usia 3-5 bulan, atau setidaknya sesuai dengan rekomendasi skrining pertama anemia yakni, pada usia maksimal 9-12 bulan. Juga, diharapkan dapat menyediakan suplementasi yang cukup dan memadai baik untuk baduta maupun ibu hamil.

The prevalence of anemia in children in Indonesia, based on data from Indonesia Based Health Research in 2013, was 28.1%. This figure increased from the previous year in 2007 which was only 27.7%. Then it increased again in 2018 at riskesdas showing the figure of 38.5%. Research results Zuffo et al., 2016); Prieto-Patron et al., 2018; Li et al., 2019; Woldie, Kebede and Tariku, 2015; Konstantyner, Roma Oliveira and De Aguiar Carrazedo Taddei, 2012 showed that the group at higher risk for anemia was aged 0-23 months. Research in Bali in 2019 also showed the same results that as many as 71% of children under two years of age suffer from anemia, while only 9% of children aged over two years suffer from anemia. For this reason, this research needs to be carried out in order to know the factors associated with the incidence of anemia in under-two in Indonesia. The purpose of this study was to determine the prevalence of anemia in under-two in Indonesia and the factors associated with the incidence of anemia in under-two in Indonesia. This study uses secondary data from Indonesia Based Health Research 2018. The research design used is cross-sectional with a total of 832 children as respondents. This study also

conducted a multivariate test, namely logistic regression, to determine the dominant factor in the incidence of anemia in children under two in Indonesia. Based on the results of the analysis, it is known that the prevalence of anemia in under-two reaches 54.9%. In this study, children aged 0-11 months [OR 1.770 (1.33-2.34)], nutritional status wasting [OR 1.626 (1.03-2.55)], nutritional status underweight [OR 1.556 (1.05 -2.33)], low maternal education [OR 2.512 (1.39-4.54)], secondary maternal education [OR 1.893(1.07-3.32)], and rural area of residence [OR 1.386 (1.05-1.82)] was found to be significantly associated with the incidence of anemia in under-two. The most dominant variable found was the children age. Therefore, it is recommended for health offices in Indonesia to overcome anemia, it is hoped that posyandu and puskesmas can detect anemia in children as early as possible, namely in the age range of 3-5 months, or at least according to the recommendation for the first screening for anemia, namely, at a maximum age of 9-12 month. Also, it is expected to provide adequate and adequate supplementation for both children and pregnant women.