

ABSTRAK

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<i>THE RELATIONSHIP OF NUTRITIONAL STATUS, EATING HABITS, AND PHYSICAL ACTIVITY WITH THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN</i> <i>(Study at the Klampis Health Center Working Area)</i>	
ABSTRACT <i>Anemia is a condition characterized by hemoglobin levels below the normal limit for pregnant women, which is 11.0 g/dL. A preliminary study conducted through direct examination pregnant women at the Klampis Health Center found that 10 pregnant women, or 70%, had anemia based on laboratory results showing HB levels below 11 mg/dL, while 30% of pregnant women did not have anemia. The purpose of this study is to analyze the relationship between nutritional status, eating habits, and physical activity on the incidence of anemia in pregnant women.</i> <i>The study design used a cross-sectional analysis. The study population consisted of 71 pregnant women, and the study sample consisted of 52 pregnant women selected using simple random sampling. The independent variables were nutritional status, eating habits, and physical activity, while the dependent variable was the incidence of anemia in pregnant women. The research instruments used were questionnaires and observation sheets. The analysis used the Chi-square statistical test. The ethical test was conducted by the KEPK team of Noor Huda Mustofa University No. 2796/KEPK/UNIV-NHM/EC/VIII/2025.</i> <i>The results showed that most pregnant women did not have anemia, and most women had KEK nutritional status, while almost half of the mothers' eating habits were in the poor category and most of the women physical activity was in the moderate category. The statistical test results showed that nutritional status had a p-value of $0.018 < 0.05$, indicating a relationship between nutritional status and the incidence of anemia in pregnant women. Meanwhile, the eating habits variable showed a p-value of $0.011 < 0.05$, indicating a relationship between eating habits and the incidence of anemia in pregnant women.</i> <i>Preventive measures for anemia expand obstetric theory, particularly regarding nutritional status, eating habits, and physical activity in relation to the incidence of anemia in pregnant women. It is hoped that future researchers will develop or add to knowledge and experience regarding nutritional status, eating habits, and physical activity in relation to the incidence of anemia.</i> Keywords: Nutritional Status, Eating Habits, Physical Activity, Anemia, Pregnant Women	