

Pengaruh Suplementasi Zat Besi Terhadap Kejadian Anemia Pada Ibu Hamil: Meta Analisis

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Abstrak

Anemia pada ibu hamil masih menjadi masalah kesehatan yang umum, terutama di negara berkembang. Suplementasi zat besi merupakan salah satu intervensi penting dalam pencegahan anemia selama kehamilan. Penelitian ini bertujuan untuk mengevaluasi pengaruh suplementasi zat besi terhadap risiko anemia pada ibu hamil melalui pendekatan meta-analisis. Penelitian ini menggunakan desain meta-analisis dengan pendekatan PICO: P = ibu hamil, I = tidak diberikan suplemen zat besi, C = diberikan suplemen zat besi, O = kejadian anemia. Kriteria inklusi mencakup artikel fulltext dengan desain cross-sectional, diterbitkan antara 2015–2025, berbahasa Inggris, dan melaporkan hasil akhir menggunakan Adjusted Odds Ratio (aOR). Artikel dikumpulkan dari database seperti PubMed dan Google Scholar. Analisis dilakukan menggunakan RevMan 5.3. Hasil meta-analisis dari Somalia, Ethiopia, Tanzania, dan Bangladesh menunjukkan bahwa ibu hamil yang tidak mengonsumsi suplemen zat besi memiliki risiko 2.06 kali lebih tinggi mengalami anemia dibandingkan yang mengonsumsinya (aOR = 2.06; 95% CI: 1.68–2.54; p = 0.001). Suplementasi zat besi secara signifikan menurunkan risiko anemia pada ibu hamil, terutama di wilayah dengan prevalensi tinggi.

Kata Kunci: Anemia; Ibu Hamil; Suplementasi Zat Besi.

Abstract

Anemia in pregnant women remains a common health problem, particularly in developing countries. Iron supplementation is one of the key interventions in preventing anemia during pregnancy. This study aims to evaluate the effect of iron supplementation on the risk of anemia in pregnant women using a meta-analytical approach. This study used a meta-analysis design with the following PICO framework: P = pregnant women, I = not receiving iron supplementation, C = receiving iron supplementation, O = incidence of anemia. The inclusion criteria were full-text articles with a cross-sectional design, published between 2015 and 2025, in English, and reporting final results using the Adjusted Odds Ratio (aOR). Articles were collected from databases such as PubMed and Google Scholar. Data analysis was performed using RevMan 5.3. The meta-analysis from Somalia, Ethiopia, Tanzania, and Bangladesh showed that pregnant women who did not take iron supplements had a 2.06 times higher risk of developing anemia compared to those who did (aOR = 2.06; 95% CI: 1.68–2.54; $p = 0.001$). Iron supplementation significantly reduces the risk of anemia in pregnant women, particularly in regions with a high prevalence of anemia.

Keyword: Anemia; Pregnant Women; Iron Supplementation.