



LEMBAR PENGESAHAN
Nomor: 410/LP-LPBK/VIII/2026

Judul : HUBUNGAN STATUS PERENCANAAN KEBIDANAN DENGAN *SELF-CARE* IBU HAMIL ANEMIA DI KABUPATEN PEKALONGAN TAHUN 2026

Nama : Farah Syarifah

Menerangkan bahwa abstrak dengan judul di atas telah diterjemahkan ke dalam Bahasa Inggris oleh Lembaga Pengembangan Bahasa dan Kerja Sama (LPBK), Universitas Muhammadiyah Pekajangan Pekalongan.

Pekalongan, 18 Agustus 2026

Disahkan oleh,
Kepala Lembaga Pengembangan Bahasa dan Kerja Sama (LPBK)



Aida Rusmariansa, S.Kep., Ns., MAN

**Program Studi Sarjana Kebidanan
Fakultas Ilmu Kesehatan
Universitas Muhammadiyah Pekajangan Pekalongan
Agustus, 2026**

ABSTRAK

Farah Syarifah

HUBUNGAN STATUS PERENCANAAN KEBIDANAN DENGAN *SELF-CARE* IBU HAMIL ANEMIA DI KABUPATEN PEKALONGAN TAHUN 2026

Anemia pada kehamilan merupakan salah satu masalah kesehatan yang dapat meningkatkan risiko komplikasi bagi ibu dan janin. Pencegahan dan pengendalian anemia dipengaruhi oleh kemampuan ibu dalam melakukan *self-care* selama kehamilan. Status perencanaan kehamilan menjadi salah satu faktor yang berkaitan dengan kesiapan ibu dalam menjalankan perilaku kesehatan selama kehamilan. Penelitian ini bertujuan untuk menganalisis hubungan status perencanaan kehamilan dengan *self-care* pada ibu hamil anemia di Kabupaten Pekalongan. Penelitian ini menggunakan desain kuantitatif analitik korelasi dengan pendekatan *cross-sectional*. Sampel penelitian sebanyak 129 ibu hamil anemia yang dipilih menggunakan teknik *quota sampling*. Pengumpulan data menggunakan kuesioner *London Measure of Unplanned Pregnancy* (LMUP) untuk mengukur status perencanaan kehamilan dan *Prenatal Health Behavior Scale* (PHBS) untuk mengukur *self-care*. Uji validitas dilakukan menggunakan *Pearson Product Moment* dengan r tabel 0,361 dan seluruh item yang digunakan dinyatakan valid. Uji reliabilitas menunjukkan nilai 0,816 pada LMUP dan 0,866 pada PHBS. Analisis data menggunakan *uji Spearman Rank*. Hasil penelitian menunjukkan sebagian besar responden memiliki kehamilan yang direncanakan (52,7%) dan *self-care* dalam kategori cukup (65,9%). Terdapat hubungan yang signifikan antara status perencanaan kehamilan dengan *self-care* pada ibu hamil anemia ($p=0,043$), dengan arah hubungan positif dan kekuatan sangat lemah ($r=0,179$). Semakin baik status perencanaan kehamilan, *self-care* ibu hamil anemia cenderung semakin baik.

Kata Kunci: Anemia, Ibu hamil, Perencanaan kehamilan, *Self-care*

**Undergraduate Program in Midwifery
Faculty of Health and Sciences
University of Muhammadiyah Pekajangan Pekalongan**

ABSTRACT

Farah Syarifah

The Relationship Between Pregnancy Planning Status and Self-Care of Anemic Pregnant Women in Pekalongan Regency In 2026

Anemia during pregnancy is one of the health problems that can increase the risk of complications for both mother and fetus. The prevention and management of anemia are influenced by the mother's ability to perform self-care during pregnancy. Pregnancy planning status is one of the factors associated with the mother's readiness to carry out health behaviors during pregnancy. This study aims to analyze the relationship between pregnancy planning status and self-care among anemic pregnant women in Pekalongan Regency. This study employed a quantitative analytic correlational design with a cross-sectional approach. The study sample consisted of 129 anemic pregnant women selected using a quota sampling technique. Data were collected using the London Measure of Unplanned Pregnancy (LMUP) questionnaire to measure pregnancy planning status and the Prenatal Health Behavior Scale (PHBS) to measure self-care. Validity testing was conducted using Pearson Product Moment with an r-table value of 0.361, and all items used were declared valid. Reliability testing yielded a value of 0.816 for the LMUP and 0.866 for the PHBS. Data analysis was performed using the Spearman Rank test. The results showed that the majority of respondents had planned pregnancies (52.7%) and self-care in the sufficient category (65.9%). There was a significant relationship between pregnancy planning status and self-care among anemic pregnant women ($p = 0.043$), with a positive relationship direction and very weak strength ($r = 0.179$). The better the pregnancy planning status, the better the self-care of anemic pregnant women tends to be.

Keywords: *Anemia, Pregnant women, Pregnancy planning, Self-care*