

THE RELATIONSHIP BETWEEN AGE AND MID-UPPER ARM CIRCUMFERENCE (MUAC) AND ANEMIA AMONG PREGNANT WOMEN AT JANTI PUBLIC HEALTH CENTER MALANG CITY

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ABSTRACT

Anemia in pregnant women remains a serious health problem in Indonesia because it can have adverse effects on both the mother and the fetus. The government has implemented preventive measures through the provision of iron tablets and multimicronutrient supplements, however the prevalence of anemia remains high. Maternal age and nutritional status, as measured by mid-upper arm circumference (MUAC) are suspected to play an important role in the occurrence of anemia. This study aimed to determine the relationship between maternal age and MUAC with anemia in pregnant women at Puskesmas Janti, Malang City. This study employed a quantitative analytic observational design with a cross-sectional approach. A total of 37 anemic pregnant women were selected using accidental sampling. The independent variables were maternal age and MUAC, while the dependent variable was anemia. The research instruments included observation sheets and a MUAC measuring tape. Data were analyzed using the Spearman Rank test and multiple linear regression analysis. The Spearman Rank test showed a significant relationship between maternal age and anemia ($p = 0.043$) and between MUAC and anemia ($p = 0.000$). Multiple linear regression analysis indicated that maternal age and MUAC were simultaneously associated with anemia ($p = 0.019$). There is a significant relationship between maternal age and anemia, between MUAC and anemia, and between maternal age and MUAC simultaneously with anemia in pregnant women. Pregnant women are advised to pay greater attention to their health and nutritional intake and to attend routine antenatal care, while health facilities are encouraged to strengthen anemia prevention through screening and integrated education. Future researchers are recommended to examine the impact of anemia on pregnancy outcomes and factors influencing adherence to antenatal care (ANC).

Keywords: Age, Mid-Upper Arm Circumference (MUAC), Anemia, Pregnancy