

CHAPTER VII CONCLUSION

A. Conclusion

Based on the results of a study on the relationship between exposure to cigarette smoke in the environment and the incidence of anemia in pregnant women at the Beringin Raya Health Center, Bengkulu City in 2026, it can be concluded that:

1. The characteristics of the respondents showed that both the anemia group (cases) and non-anemia were mostly in the age range of 20–35 years, had primipara status, worked as a housewife, and had a level of college education.
2. Most pregnant women were exposed to cigarette smoke in the household environment (60.0%)
3. Almost all respondents were exposed to cigarette smoke in the social environment (85.0%)
4. There is a significant relationship between exposure to cigarette smoke in the household environment and the incidence of anemia in pregnant women at the Beringin Raya Health Center, Bengkulu City. Pregnant women who are exposed to cigarette smoke in the household environment have a 13-fold greater risk of anemia than pregnant women who are not exposed to cigarette smoke in the household environment
5. There is a significant relationship between exposure to cigarette smoke in the social environment and the incidence of anemia in pregnant women at the Beringin Raya Health Center, Bengkulu City. Pregnant women who are exposed to cigarette smoke in the social environment have a 10.5 times greater risk of anemia than pregnant women who are not exposed to cigarette smoke in the social environment

B. Suggestions

1. For Pregnant Women Pregnant women are expected to increase awareness to avoid exposure to cigarette smoke both in the household and social environment. Pregnant women are also advised to be more active in asking family members and the surrounding environment not to smoke nearby to prevent the risk of anemia.
2. For Families, Families are expected to play an active role in creating a smoke-free environment by not smoking in the house or around pregnant women. Family support is very important in maintaining the health of pregnant women and preventing health problems such as anemia.
3. For Health Centers/Health Workers Health workers at the Beringin Raya Health Center are expected to increase promotive and preventive efforts through education about the dangers of exposure to cigarette smoke for pregnant women, especially in relation to the incidence of anemia. In addition, it is necessary to carry out routine screening of hemoglobin levels and strengthen the prevention-based Antenatal Care (ANC) program.
4. For the next researcher, the researcher is then advised to research other factors related to the incidence of anemia in pregnant women such as iron intake, compliance with Fe tablet consumption, nutritional status, infection, pregnancy distance, and socioeconomic factors. In addition, it is recommended to use a broader study design or multivariate analysis to look at the dominant factors that have the most influence on the incidence of anemia.