

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
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Gambaran Pengetahuan, Sikap dan Kepatuhan Konsumsi Tablet Fe di Wilayah Kerja Puskesmas Penengahan Kabupaten Lampung Selatan Tahun 2022

xiv + 36 halaman + 2 tabel + 2 gambar + 7 lampiran

**ABSTRAK**

Berdasarkan hasil Riset Kesehatan Dasar (Riskesdas) tahun 2018, jumlah ibu hamil yang mengalami anemia paling banyak pada usia 15-24 tahun yaitu sebesar 84,6%. Tujuan umum dari penelitian ini adalah mengetahui gambaran pengetahuan, sikap dan tingkat kepatuhan konsumsi tablet Fe pada ibu hamil penderita anemia di wilayah kerja Puskesmas Rawat Inap Penengahan Kabupaten Lampung Selatan tahun 2022.

Penelitian menggunakan jenis penelitian deskriptif. Populasi pada penelitian ini adalah ibu hamil yang pernah datang dan memeriksakan kehamilannya ke Puskesmas Penengahan. Lokasi penelitian ini di wilayah kerja Puskesmas Penengahan Kabupaten Lampung Selatan. Penelitian dilakukan pada bulan April – Mei 2022. Data diperoleh dari hasil wawancara dengan alat bantu kuisioner. Analisis data meliputi analisis univariat.

Hasil penelitian diketahui bahwa ibu hamil di wilayah kerja Puskesmas Rawat Inap, didapatkan yang pengetahuan baik 16,2%, cukup 15,4%, dan pengetahuan kurang sebanyak 32,4%. Sikap ibu hamil didapatkan hasil sikap sangat baik 5,4%, baik 45,9%, cukup 40,5%, dan kurang 8,1%. Kepatuhan ibu hamil mengkonsumsi tablet Fe didapatkan hasil patuh sebanyak 43,2% dan tidak patuh 56,8%.

Memberikan edukasi untuk meningkatkan pengetahuan ibu hamil dan meningkatkan kesadaran ibu hamil untuk mengkonsumsi tablet Fe selama masa kehamilan dengan cara melalui penyuluhan, leaflet, booklet dan media lainnya. Ibu hamil disarankan untuk mengkonsumsi tablet Fe pada saat malam hari sebelum tidur untuk mengurangi rasa mual yang timbul saat mengkonsumsi tablet Fe. Disarankan untuk keluarga ibu hamil untuk selalu mengingatkan dan memberi dukungan agar ibu mengkonsumsi tablet Fe.

Kata kunci : anemia, ibu hamil, pengetahuan, sikap, kepatuhan  
Daftar bacaan : 47 (2007-2020)

**HEALTH POLYTECHNIC OF TANJUNGKARANG**  
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Description of Knowledge, Attitudes and Compliance with Fe Tablet Consumption in the Work Area of the Penengahan Health Center, South Lampung Regency in 2022

xiv + 36 pages + 6 tables + 2 pictures + 7 attachments

**ABSTRACT**

*Based on the results of the Basic Health Research (Riskesdas) in 2018, the number of pregnant women who experienced anemia was the most at the age of 15-24 years, which was 84.6%. The general objective of this study was to describe the knowledge, attitude and level of compliance with Fe tablet consumption in pregnant women with anemia in the work area of the Penengahan Health Center, Pasuruan Village, South Lampung Regency in 2022.*

*This study used a type of research. The population in this study were pregnant women who had come and had their pregnancy checked at the Penengahan Health Center. The location of this research is in the work area of the Penengahan Health Center, South Lampung Regency. The research was conducted in March – April 2022. The data were obtained from interviews using a questionnaire. Data analysis includes univariate analysis.*

*The results showed that pregnant women in the working area of the Inpatient Health Center had good knowledge of 16.2%, 15.4% sufficient, and 32.4% less knowledge. The attitude of pregnant women got very good attitude results 5.4%, good 45.9%, 40.5% enough, and 8.1% less. Obedience of pregnant women taking Fe tablets obtained results as much as 43.2% compliant and 56.8% non-adherent.*

*Provide education to increase knowledge of pregnant women and increase awareness of pregnant women to consume Fe tablets during pregnancy by means of counseling, leaflets, booklets and other media. Pregnant women are advised to take Fe tablets the day before bedtime to reduce nausea that occurs when consuming Fe tablets. It is recommended for families of pregnant women to always remind and provide support for mothers to consume Fe tablets.*

**Keywords:** anemia, pregnant women, knowledge, attitude, compliance  
**Reading list :** 47 (2007-2020)