

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG JURUSAN
KEBIDANAN PRODI KEBIDANAN METRO
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Devi Afriyani

**HUBUNGAN KEPATUHAN MENGONSUMSI TABLET FE DENGAN KEJADIAN
ANEMIA PADA IBU HAMIL DI PUSKESMAS
YOSODADI**

xvii + 56 halaman, 7 tabel, 3 gambar, 10 lampiran

RINGKASAN

Anemia adalah kondisi tubuh yang ditandai dengan kadar hemoglobin (Hb) dalam darah yang lebih rendah dari normal, dapat menyebabkan berbagai komplikasi selama kehamilan, abortus, persalinan prematur, dan berat badan lahir rendah. Berdasarkan data tahun 2023, anemia pada kehamilan di dunia 37%, di Indonesia 27,7%, di Provinsi Lampung 6,46%, di Kota Metro 6,47%, di Puskesmas Yosodadi 13,53%. Target capaian anemia ibu hamil di Indonesia tahun 2024 menurunkan prevalensi anemia menjadi 19,8%. Pemerintah mengeluarkan kebijakan pemberian tablet Fe secara rutin kepada ibu hamil sebagai bagian dari program kesehatan ibu dan anak. Keberhasilan program ini sangat bergantung pada kepatuhan ibu hamil mengonsumsi tablet Fe secara teratur yaitu 1 tablet/hari. Penelitian ini bertujuan untuk menganalisis hubungan kepatuhan mengonsumsi tablet Fe dengan kejadian anemia pada ibu hamil di Puskesmas Yosodadi, Kota Metro.

Jenis penelitian kuantitatif dengan desain *cross-sectional*. Populasi penelitian seluruh ibu hamil di wilayah Puskesmas Yosodadi 266 orang. Sampel dihitung dengan rumus estimasi proporsi diperoleh 157 responden ibu hamil. Teknik pengambilan sampel dilakukan *stratified random sampling*, jumlah sampel ditentukan secara proporsional berdasarkan jumlah responden yang ada di posyandu, selanjutnya pengambilan sampel dengan *simple random sampling*. Pengumpulan data dengan observasi wawancara melalui buku KIA dan kuisioner. Data dianalisis secara univariat dan bivariat dengan *chi square*.

Hasil analisis data dari 157 responden menunjukkan proporsi kejadian anemia ada 17,2% dan proporsi kepatuhan mengonsumsi tablet Fe ada 93%. Hasil analisis menunjukkan terdapat hubungan signifikan antara kepatuhan mengonsumsi tablet Fe dengan kejadian anemia diperoleh nilai *p value* 0,001.

Simpulan terdapat hubungan signifikan antara kepatuhan mengonsumsi tablet Fe dengan kejadian anemia di Puskesmas Yosodadi, oleh karena itu peran tenaga kesehatan diharapkan dapat memberikan edukasi yang intensif dan melakukan kolaborasi dengan kader terutama pada responden yang tidak patuh serta melibatkan peran keluarga terdekat atau suami sebagai pendamping untuk mengontrol kepatuhan mengonsumsi tablet Fe dan rutin periksa ke tenaga kesehatan untuk melakukan ANC dan cek Hb agar kebutuhan zat besi terpenuhi dan kehamilan tetap sehat.

Kata Kunci: Anemia, Tablet Fe, Kepatuhan, Ibu Hamil.

Daftar Bacaan: 22 (2018-2024)

**POLYTECHNIC OF HEALTH MINISTRY TANJUNG KARANG MIDWIFERY
DEPARTMENT METRO MIDWIFERY STUDY PROGRAM
THESIS, MAY 2025**

Devi Afriyani

**THE RELATIONSHIP BETWEEN COMPLIANCE IN CONSUMING FE TABLETS
AND THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN AT YOSODADI
COMMUNITY HEALTH CENTER**

xvii + 56 pages, 7 tables, 3 figures, 10 appendices

SUMMARY

Anemia is a body condition characterized by lower than normal levels of hemoglobin (Hb) in the blood, which can cause various complications during pregnancy, including the risk of miscarriage, premature birth, and low birth weight. Based on 2023 data, anemia in pregnancy in the world is 37%, in Indonesia 27.7%, in Lampung Province 6.46%, in Metro City 6.47%, at the Yosodadi Health Center 13.53%. The target for achieving anemia in pregnant women in Indonesia in 2024 is to reduce the prevalence of anemia to 19.8%. The government has issued a policy of routinely providing Fe tablets to pregnant women as part of the maternal and child health program. The success of this program is highly dependent on the compliance of pregnant women in consuming Fe tablets regularly, namely 1 tablet/day. This study aims to analyze the relationship between compliance in consuming Fe tablets and the incidence of anemia in pregnant women at the Yosodadi Health Center, Metro City.

Quantitative research type with cross-sectional design. The study population was all pregnant women in the Yosodadi Health Center area, 266 people. The sample was calculated using the proportion estimation formula obtained 157 pregnant women respondents. The sampling technique used stratified random sampling, the number of samples was determined proportionally based on the number of respondents at the integrated health post, then the sample was determined using simple random sampling. Data collection was carried out through the KIA book and questionnaire. Data analysis was carried out univariately and bivariate with the chi-square test.

The results of data analysis from 157 respondents showed that the proportion of anemia incidence was 17.2% and the proportion of compliance in consuming Fe tablets was 93%. The results of the analysis showed that there was a significant relationship between compliance in consuming Fe tablets and the incidence of anemia, obtained a p value of 0.001.

The conclusion is that there is a significant relationship between compliance in consuming Fe tablets and the incidence of anemia at the Yosodadi Health Center, therefore respondents who are not compliant should involve cadres and families to control compliance in consuming Fe tablets and routinely check with health workers to carry out ANC and Hb checks so that iron needs are met and pregnancy remains healthy.

Keywords: Anemia, Iron Tablets, Adherence, Pregnant Women.

Reading List: 22 (2018-2024)