

POLITEKNIK KESEHATAN TANJUNG KARANG
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Hubungan Pengetahuan Ibu Menyusui Tentang Anemia dan Kepatuhan Konsumsi Tablet Fe Dengan Kejadian Anemia Pada Ibu Menyusui Di Wilayah Kerja Puskesmas Tanjung Sari Natar Kabupaten Lampung Selatan
xvi + 88 halaman, 14 tabel dan 12 lampiran

ABSTRAK

Anemia pada ibu menyusui dapat mempengaruhi kesehatan ibu dan bayi, kondisi fisik ibu menyusui yang anemia dapat menyebabkan penurunan kuantitas serta kualitas ASI yang merupakan prediktor kegagalan ASI eksklusif. Selama periode tahun 2022 kabupaten Lampung Selatan mengalami peningkatan kejadian anemia sebanyak 25 % ibu menyusui mengalami anemia dengan prevalensi anemia tertinggi berada di kecamatan Natar. Di Puskesmas Tanjung selama tahun 2024 tercatat sebanyak 20 ibu menyusui yang menjalankan pemeriksaan kadar Hb mengalami anemia. Faktor yang dapat mempengaruhi anemia pada ibu menyusui yaitu pengetahuan tentang anemia dan kepatuhan konsumsi tablet fe pada ibu menyusui.

Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan dan kepatuhan konsumsi tablet fe dengan kejadian anemia pada ibu menyusui.

Penelitian ini adalah penelitian kuantitatif dengan jenis penelitian *analitik korelasional* dan desain *cross sectional*. Populasi penelitian ini adalah ibu menyusui dalam periode masa nifas, dengan menggunakan teknik total sampling didapatkan sampel berjumlah 30 responden. Pengumpulan data didapatkan dengan menggunakan kuesioner dan pemeriksaan laboratorium. Analisis univariat dengan presentase dan analisis bivariat dengan uji *chi-square*.

Hasil penelitian ini didapatkan ibu menyusui dengan anemia sebanyak 17(56,7%) responden, tingkat pengetahuan ibu menyusui tentang anemia kurang sebanyak 13(43,3%) responden, ibu menyusui patuh mengkonsumsi tablet fe sebanyak 13(43,3%) responden. Terdapat hubungan pengetahuan dengan anemia (*p-value* 0,019), terdapat hubungan kepatuhan konsumsi tablet fe dengan anemia (*p-value* 0,000) di Puskesmas Tanjung Sari Natar Lampung Selatan. Berdasarkan hasil penelitian ini menunjukkan bahwa rendahnya pengetahuan dan kepatuhan ibu menyusui terhadap konsumsi tablet fe berkontribusi pada tingginya prevalensi anemia ibu menyusui.

Simpulan, terdapat hubungan signifikan antara pengetahuan ibu menyusui tentang anemia dan kepatuhan konsumsi tablet fe dengan kejadian anemia ibu menyusui. Saran penelitian ini diharapkan kepada bidan untuk memantau status anemia ibu menyusui, memberikan edukasi dan memberikan tablet fe sehingga dapat meningkatkan pengetahuan dan kepatuhan ibu menyusui dalam mengkonsumsi tablet fe dalam mencegah anemia.

Kata Kunci : Anemia, Pengetahuan, Kepatuhan, Ibu Menyusui
Daftar Bacaan : 30 (2011-2023)

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The Relationship between Breastfeeding Mothers' Knowledge of Anemia and Compliance with Fe Tablet Consumption with the Incidence of Anemia in Breastfeeding Mothers in the Working Area of the Tanjung Sari Natar Health Center, South Lampung Regency
xvi + 88 pages, 14 tables and, 12 appendices

ABSTRACT

Anemia in breastfeeding mothers can affect the health of mothers and babies, the physical condition of anemic breastfeeding mothers can cause a decrease in the quantity and quality of breast milk which is a predictor of exclusive breastfeeding failure. During the period of 2022, South Lampung district experienced an increase in the incidence of anemia as much as 25% of breastfeeding mothers experienced anemia with the highest prevalence of anemia in Natar sub-district. At Puskesmas Tanjung Sari during 2024, 20 breastfeeding mothers who had their Hb levels checked were anemic. Factors that can affect anemia in nursing mothers are knowledge about anemia and compliance with fe tablet consumption in nursing mothers.

The purpose of this study was to determine the relationship between knowledge and compliance of fe tablet consumption with the incidence of anemia in breastfeeding mothers.

This study is a quantitative study with correlational analytic research type and cross sectional design. The population of this study were breastfeeding mothers in the postpartum period, using the total sampling technique obtained a sample of 30 respondents. Data collection was obtained using a questionnaire and laboratory examination. Univariate analysis with percentage and bivariate analysis with chi-square test.

The results of this study obtained breastfeeding mothers with anemia as many as 17 (56.7%) respondents, the level of knowledge of breastfeeding mothers about anemia is less as many as 13 (43.3%) respondents, breastfeeding mothers obedient to consume fe tablets as many as 13 (43.3%) respondents. There is a relationship between knowledge and anemia (p-value 0.019), there is a relationship between fe tablet consumption compliance with anemia (p-value 0.000) at Puskesmas Tanjung Sari Natar South Lampung. Based on the results of this study, it shows that the low knowledge and compliance of breastfeeding mothers with fe tablet consumption contribute to the high prevalence of anemia in breastfeeding mothers.

In conclusion, there is a significant relationship between breastfeeding mothers' knowledge about anemia and compliance with fe tablet consumption with the incidence of anemia in breastfeeding mothers. Suggestions for this study are expected to midwives to monitor the anemia status of breastfeeding mothers, provide education and provide fe tablets so as to increase the knowledge and compliance of breastfeeding mothers in consuming fe tablets in preventing anemia.

Keyword : Anemia, Knowledge, Compliance, Breastfeeding Mothers
Reading List : 30 (2011-2023)