

PROGRAM STUDI SARJANA TERAPAN

POLTEKKES KEMENKES

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**HUBUNGAN KEPATUHAN KONSUMSI TABLET FE
DENGAN KEJADIAN ANEMIA PADA IBU HAMIL
DI PUSKESMAS MULYA ASRI TULANG BAWANG
BARAT**

ABSTRAK

Anemia merupakan masalah kesehatan masyarakat terbesar di dunia terutama bagi kelompok wanita usia reproduksi. Untuk menekan serendah-rendahnya angka anemia, maka ibu hamil harus mendapat asupan 90 tablet dosis Fe. Oleh karena itu kepatuhan ibu hamil minum tablet zat besi sangat penting dalam menjamin peningkatan kadar hemoglobin ibu hamil. Prevalensi anemia di Indonesia terus meningkat, termasuk di Kabupaten Tulang Bawang Barat, dengan Puskesmas Mulya Asri sebagai salah satu pusat pelayanan kesehatan yang mengalami kasus anemia pada ibu hamil dari tahun 2022 ke 2023.

Tujuan penelitian ini adalah diketahui hubungan kepatuhan konsumsi tablet Fe dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Mulya Asri Tulang Bawang Barat.

Jenis penelitian ini kuantitatif, desain penelitian survei analitik dengan pendekatan *cross sectional*. Teknik pengambilan sampel dalam penelitian ini menggunakan purposive sampling sebanyak 46 orang. Penelitian ini akan menggunakan variabel independen dan dependen serta akan diamati pada periode (waktu) yang sama. Pengumpulan data primer dikumpulkan dengan kuesioner dan dianalisa menggunakan uji chi-square.

Hasil penelitian menunjukkan bahwa paling banyak responden patuh dalam mengkonsumsi tablet Fe sebanyak 30 orang (65,2%) dan tidak anemia yaitu sebanyak 31 orang (67,4%). Analisa uji statistik dengan menggunakan uji Chi-square didapatkan nilai $P\text{ value } (0,000) < \alpha (0,05)$.

Kesimpulan dan saran dari hasil penelitian yaitu adanya hubungan kepatuhan konsumsi tablet Fe dengan kejadian anemia pada ibu hamil di Puskesmas Mulya Asri Tulang Bawang Barat. Diharapkan Puskesmas perlu mengambil langkah untuk melakukan edukasi terhadap ibu hamil tentang pentingnya mengkonsumsi tablet Fe.

Kata Kunci: Kepatuhan Konsumsi Fe, Anemia.

**GRADUATE STUDIES PROGRAM IN APPLIED MIDWIFERY
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**THE RELATIONSHIP OF COMPLIANCE WITH FE TABLET
CONSUMPTION OF ANEMIA THE MULYA ASRI TULANG
BAWANG BARAT WEST HEALTH CENTER**

ABSTRACT

Anemia is the biggest public health problem in the world, especially for women of reproductive age. To reduce anemia rates as low as possible, pregnant women must receive 90 Fe tablets. Therefore, pregnant women's compliance with taking iron tablets is very important in ensuring an increase in hemoglobin levels in pregnant women. The prevalence of anemia in Indonesia continues to increase, including in West Tulang Bawang Regency, with the Mulya Asri Health Center as one of the health service centers experiencing cases of anemia in pregnant women from 2022 to 2023.

The aim of this research is to determine the relationship between compliance with the consumption of Fe tablets and the incidence of anemia in pregnant women in the working area of the Mulya Asri Tulang Bawang Barat Health Center.

Quantitative research type, analytical survey research design with a cross-sectional approach. The sampling technique in this research used proportional random sampling of 46 people. This research will use independent and dependent variables and will be observed in the same period (time). Primary data was collected using a questionnaire and analyzed using the chi-square test.

The results of the study showed that the majority of respondents were compliant in consuming Fe tablets as many as 30 people (65.2%) and were not anemic, namely 31 people (67.4%). Statistical test analysis using the Chi-square test obtained a P value $(0.000) < \alpha (0.05)$.

The conclusion and suggestion from the research results is that there is a relationship between compliance with the consumption of Fe tablets and the incidence of anemia in pregnant women at the Mulya Asri Tulang Bawang Barat Health Center. It is hoped that the Community Health Center will need to take steps to educate pregnant women about the importance of consuming Fe tablets.

Keywords: *Compliance with Fe Consumption, Anemia.*