

## ABSTRAK

YUNI MARTINI. Hubungan Kepatuhan Mengonsumsi Tablet Zat Besi Dengan Anemia Pada Ibu Hamil Di Puskesmas Pekauman Banjarmasin. Dibimbing oleh SUKAMTO dan ALI RAKHMAN H.

**Latar belakang:** Anemia merupakan salah satu masalah kesehatan tertinggi yang dihadapi bangsa Indonesia saat ini khususnya pada ibu hamil sehingga menyebabkan masi tingginya angka kematian ibu (AKI) dan angka kematian bayi (AKB). Di Indonesia program pencegahan anemia pada ibu hamil, dengan memberikan suplemen zat besi sebanyak 90 tablet selama masa kehamilan. Namun banyak ibu hamil yang menolak atau tidak mematuhi anjuran ini karena berbagai alasan. Kepatuhan minum tablet Fe apabila 90 % dari tablet besi yang seharusnya diminum. Kepatuhan ibu hamil minum pil zat besi merupakan faktor penting dalam menjamin peningkatan kadar hemoglobin ibu hamil.

**Tujuan:** mengetahui hubungan antara kepatuhan mengonsumsi tablet zat besi dengan anemia pada ibu hamil.

**Metode:** pendekatan *cross sectional*. Populasi penelitian adalah ibu hamil Trimester II dan Trimester III sebanyak 85 orang. Jumlah sampel 45 dengan teknik sampling menggunakan *accidental sampling*. Pengumpulan data menggunakan kuesioner. Analisis dengan uji *Chi-Square* ( $p=0,05$ ).

**Hasil:** setelah dilakukan penelitian selama 2 minggu patuh sebanyak 35 orang (77,8%), tidak patuh sebanyak 10 orang (22,2%) dan Anemia sebanyak 30 orang (67%), tidak anemia sebanyak 15 orang (33%). Hasil Uji *Chi-Square* yaitu P value = 0,019 ( $P < 0,05$ ) sehingga ada hubungan kepatuhan mengonsumsi Tablet Zat Besi Dengan Anemia Pada Ibu Hamil Di Puskesmas Pekauman Banjarmasin.

**Simpulan:** Ada hubungan kepatuhan mengonsumsi Tablet Zat Besi Dengan Anemia Pada Ibu Hamil Di Puskesmas Pekauman Banjarmasin dengan hasil di mana  $p = (0,019 < 0,05)$  yang merupakan hasil uji *Chi-Square*.

**Kata Kunci:** Anemia, Ibu Hamil, Tablet Zat Besi (Fe) Primer

## ABSTRACT

YUNI MARTINI. Consuming Compliance Relationship With Tablet Iron Anemia In Pregnant Women In PuskesmasPekauman Banjarmasin. Supervised by SUKAMTO and ALI RAKHMAN H.

**Background:** Anemia is one of the top health problems faced by Indonesia at this time, especially in pregnant women, causing persistently high maternal mortality rate (MMR) and infant mortality rate (IMR). In Indonesia prevention programs anemia in pregnant women, by providing iron supplements as many as 90 tablets during pregnancy. But many pregnant women who refuse or do not comply with this recommendation because of various reasons. Compliance drinking iron tablet if 90% of the iron tablets that should be taken. Compliance pregnant women taking iron pills is an important factor in ensuring the hemoglobin levels of pregnant women.

**Objective:** to know the relationship between adherence to consume iron tablets with anemia in pregnant women.

**Method:** cross sectional study. The study population is pregnant women Trimester Trimester II and III as many as 85 people. Number of samples 45 by using a sampling technique accidental sampling. Collecting data using questionnaires. The analysis by Chi-square test ( $p = 0.05$ ).

Results: after doing research for two weeks obedient as many as 35 people (77.8%), non-adherent as many as 10 people (22.2%) and anemia as many as 30 people (67%), anemia not as many as 15 people (33%) , Chi-Square Test Results namely P value = 0.019 ( $P < 0.05$ ) so that there is compliance Relations Consuming Iron Tablet With Anemia In Pregnant Women In PuskesmasPekauman Banjarmasin.

**Conclusion:** There is a relationship Consuming compliance Tablet Iron With Anemia In Pregnant Women In PuskesmasPekauman Banjarmasin with results where  $p = (0.019 < 0.05)$ , which is a Chi-Square test results.

**Keywords:** Anemia, Pregnancy, Tablet Iron (Fe) Primer