

Universitas Ngudi Waluyo  
Program Studi Kebidanan, Fakultas Kesehatan  
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Anis Farida  
152201008

Hubungan Kepatuhan Ibu Hamil Mengonsumsi Tablet Fe Dengan Kejadian Anemia Di Puskesmas Kaliwiro Tahun 2021  
(Xv + 80 Halaman + 7 Table + 12 lampiran)

### **ABSTRAK**

**Latar Belakang :** Anemia adalah kekurangan kadar hemoglobin (Hb) dalam darah yang disebabkan karena kekurangan zat besi. Anemia pada ibu hamil merupakan salah satu masalah yang masih banyak dijumpai di Indonesia. Ketidapatuhan ibu hamil dalam konsumsi tablet Fe dapat mencerminkan seberapa besar ibu hamil akan terkena anemia. Pada bulan Januari-September 2021 di Puskesmas Kaliwiro jumlah semua ibu hamil adalah 790, didapatkan 110 (13,9%) ibu hamil mengalami anemia dan 680 ibu hamil (86,07%) tidak mengalami anemia. Dari studi pendahuluan terdapat 3 (60%) responden mengalami anemia dan tidak rajin mengonsumsi tablet Fe dengan alasan mual dan lupa. Dan terdapat 2 (40%) responden mengalami anemia tetapi rajin mengonsumsi tablet Fe. Tujuan penelitian ini untuk mengetahui hubungan kepatuhan ibu hamil mengonsumsi tablet Fe dengan kejadian anemia di Puskesmas Kaliwiro

**Metode :** Jenis penelitian ini merupakan penelitian *survey analitik* dengan pendekatan *cross sectional*, populasi penelitian adalah seluruh ibu hamil trimester III 40 ibu hamil, dengan teknik *total sampling*. Instrument penelitian menggunakan kuesioner. Analisis data menggunakan analisis univariat dan bivariat dengan uji *chi-square*

**Hasil :** Hasil penelitian ini menunjukkan ibu hamil yang patuh sebanyak 19 (47,5%) dan yang tidak patuh sebanyak 21 (52,5%). Terdapat 19 (47,5%) tidak mengalami anemia dan 21 (52,5%) mengalami anemia. Berdasarkan uji *Chi-Square* nilai p value = 0,000 ( $p < 0,05$ ), berarti terdapat hubungan kepatuhan ibu hamil mengonsumsi tablet dengan kejadian anemia di Puskesmas Kaliwiro Tahun 2021.

**Kesimpulan:** Ada hubungan yang signifikan antara kepatuhan ibu hamil mengonsumsi tablet dengan kejadian anemia di Puskesmas Kaliwiro Tahun 2021.

**Kata Kunci:** Tablet Fe, kepatuhan ibu hamil, anemia

**Kepustakaan:** 21 (2011-2021)

Ngudi Waluyo University  
Midwifery Study Program, Faculty Of Health  
Final Project, Desember 2021  
Anis Farida  
152201008

Relationship Compliance With Pregnant Women Consuming Fe Tablets  
With Anemia Events In Kaliwiro Puskesmas In 2021  
(**xv + 80 page + 7 table + 12 attachments**)

### **ABSTRACT**

**Background:** Anemia is a deficiency of hemoglobin (Hb) levels in the blood caused by iron deficiency. Anemia in pregnant women is one of the most common problems in Indonesia. The non-compliance of pregnant women in consuming Fe tablets can reflect how much pregnant women will be affected by anemia. In January-September 2021 at the Kaliwiro Health Center the number of all pregnant women was 790, it was found that 110 (13.9%) pregnant women had anemia and 680 pregnant women (86.07%) did not. From the preliminary study, there were 3 (60%) respondents who experienced anemia and were not diligent in consuming Fe tablets for reasons of nausea and forgetfulness. And there are 2 (40%) respondents experiencing anemia but diligently consuming Fe tablets. The purpose of this study was to determine the relationship between the compliance of pregnant women in consuming Fe tablets with the incidence of anemia at the Kaliwiro Public Health Center

**Methods:** This type of research is an analytic survey research with a cross sectional approach, the research population is all pregnant women in the third trimester of 40 pregnant women, with a total sampling technique. The research instrument used a questionnaire. Data analysis used univariate and bivariate analysis with chi-square test

**Results:** The results of this study showed that pregnant women who were obedient were 19 (47.5%) and those who were not compliant were 21 (52.5%). There were 19 (47.5%) did not have anemia and 21 (52.5%) had anemia. Based on the Chi-Square test, the p value = 0.000 ( $p < 0.05$ ), it means that there is a relationship between the compliance of pregnant women in consuming tablets with the incidence of anemia at the Kaliwiro Health Center in 2021.

**Conclusion:** There is a significant relationship between the adherence of pregnant women to consume tablets with the incidence of anemia at the Kaliwiro Health Center in 2021.

**Keywords:** Fe tablets, compliance of pregnant women, anemia

**Literature:** 21 (2011-2021)