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ABSTRAK

GAMBARAN PENGETAHUAN IBU HAMIL TENTANG TABLET FE DI PMB SARY RAHAYU NINGSIH KABUPATEN SINTANG KALIMANTAN BARAT

Latar belakang : Pengetahuan adalah hasil penginderaan manusia, atau hasil tahu seseorang terhadap suatu objek dari indra yang dimilikinya. Tanpa adanya pengetahuan tentang zat besi, maka ibu sulit menanamkan kebiasaan dalam menggunakan bahan makanan sumber zat besi yang penting bagi kesehatan ibu hamil. Kekurangan zat besi pada ibu hamil menyebabkan anemia. Pada wanita hamil, anemia meningkatkan frekuensi komplikasi pada kehamilan dan persalinan. Risiko kematian maternal, angka prematuritas, berat badan bayi lahir rendah.

Penelitian ini bertujuan untuk mengetahui tingkat pengetahuan ibu hamil tentang pentingnya konsumsi tablet tambah darah selama kehamilan Di Pmb Sary Rahayu Ningsih Kabupaten Sintang Kalimantan Barat.

Metode : Jenis penelitian yang digunakan adalah penelitian deskriptif dengan teknik pengambilan sampel secara non probabilitas, pengamatan sampel dilakukan dengan menggunakan total sampling yaitu seluruh populasi dijadikan sampel dengan jumlah sampel sebanyak 34 orang. Instrument yang digunakan adalah kuesioner.

Hasil : Hasil penelitian menunjukkan bahwa responden memiliki pengetahuan yang baik tentang pentingnya konsumsi tablet penambah darah selama kehamilan sebanyak 8 responden (23.5%) ,pengetahuan cukup sebanyak 20 responden (58.8%)dan yang memiliki pengetahuan kurang tentang pentingnya konsumsi tablet penambah darah selama kehamilan sebanyak 6 responden (17.7%). Tingkat pengetahuan ibu hamil terhadap pentingnya konsumsi tablet penambah darah mayoritas berpengetahuan cukup yaitu 20 orang(58.8%). Diharapkan kepada ibu hamil lebih menyadari akan pentingnya konsumsi tablet penambah darah selama kehamilan agar dapat mencegah terjadinya anemia dalam kehamilan.

Kata kunci : Kepatuhan Konsumsi Tablet Fe, Pengetahuan, Sikap

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ABSTRACT

DESCRIPTION OF PREGNANT WOMEN'S KNOWLEDGE ABOUT FE TABLET AT PMB SARY RAHAYU NINGSIH, SINTANG DISTRICT, WEST KALIMANTAN

Background : Knowledge is the result of human sensing, or the result of knowing someone about an object from the senses they have. Without knowledge about iron, it is difficult for mothers to instill the habit of using food sources of iron which is important for the health of pregnant women. Iron deficiency in pregnant women causes anemia. In pregnant women, anemia increases the frequency of complications in pregnancy and childbirth. Risk of maternal death, prematurity rate, low birth weight. This study aims to determine the level of knowledge of pregnant women about the importance of consuming iron tablets during pregnancy at Pmb Sary Rahayu Ningsih, Sintang District, West Kalimantan.

Method : The type of research used is descriptive research with non-probability sampling techniques, sample observations were carried out using total sampling, namely the entire population was sampled with a total sample of 34 people. The instrument used is a questionnaire.

Result : The results showed that respondents had good knowledge about the importance of taking blood-boosting tablets during pregnancy as many as 8 respondents (23.5%), enough knowledge as many as 20 respondents (58.8%) and those who had less knowledge about the importance of consuming blood-boosting tablets during pregnancy were 6 respondents (17.7%). The majority of pregnant women's knowledge level on the importance of taking blood booster tablets is knowledgeable enough, namely 20 people (58.8%). It is hoped that pregnant women will be more aware of the importance of consuming blood booster tablets during pregnancy in order to prevent anemia in pregnancy.

Keywords: Compliance with Fe Tablet Consumption, Knowledge, Attitude