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**HUBUNGAN ANTARA KONSUMSI TABLET FE DAN KADAR
HEMOGLOBIN PADA IBU HAMIL DI WILAYAH PUSKESMAS KAJEN I
KABUPATEN PEKALONGAN**

ABSTRAK

Latar Belakang: Anemia pada ibu hamil berdampak serius pada kesehatan ibu dan janin, seperti risiko persalinan prematur dan bayi berat lahir rendah. Di Kabupaten Pekalongan, prevalensi anemia mencapai sekitar 40%, dan di Puskesmas Kajen I pada Januari–Mei 2025 tercatat 30 ibu hamil mengalami anemia. Salah satu upaya pencegahan adalah pemberian tablet tambah darah (TTD) minimal 90 tablet selama kehamilan, namun efektivitasnya bergantung pada kepatuhan konsumsi.. Tujuan: Mengetahui Hubungan Antara konsumsi tablet Fe dan Kadar Hemoglobin pada Ibu Hamil di wilayah Puskesmas Kajen I Kabupaten Pekalongan.

Metode: Penelitian ini menggunakan desain quasi experimental dengan pendekatan one group pre-post test design. Sampel berjumlah 30 ibu hamil yang dipilih dengan teknik total sampling. Data diperoleh dari buku KIA dan hasil pemeriksaan kadar hemoglobin. Analisis data menggunakan uji statistik Fisher Test.

Hasil: Sebanyak 26 ibu hamil (86,7%) rutin mengonsumsi tablet tambah darah, dan 24 responden (80%) memiliki kadar hemoglobin normal. Hasil uji statistik menunjukkan adanya Hubungan signifikan antara konsumsi tablet tambah darah dengan kadar hemoglobin ($p = 0,001$). Ibu hamil yang rutin mengonsumsi tablet cenderung tidak mengalami anemia dibandingkan yang tidak rutin.

Simpulan: Terdapat Hubungan Antara konsumsi tablet Fe dan Kadar Hb pada Ibu Hamil di wilayah Puskesmas Kajen I Kabupaten Pekalongan. Disarankan fokus pada pemeliharaan kepatuhan, pemantauan berkala, serta edukasi gizi untuk mencegah penurunan Hemoglobin dan memastikan keberlanjutan status tidak anemia..

Kata Kunci: Tablet Tambah Darah, Hemoglobin, Ibu Hamil, Anemia Kehamilan

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**THE RELATIONSHIP BETWEEN FE TABLET CONSUMPTION AND
HEMOGLOBIN LEVELS IN PREGNANT WOMEN IN THE KAJEN I
COMMUNITY HEALTH CENTER AREA, PEKALONGAN REGENCY**

ABSTRACT

Background: Anemia in pregnant women has serious impacts on the health of both mother and fetus, including the risk of premature delivery and low birth weight. In Pekalongan Regency, the prevalence of anemia reaches approximately 40%, and at the Kajen I Community Health Center (Puskesmas) between January and May 2025, 30 pregnant women were recorded as having anemia. One preventative measure is administering at least 90 iron-fortified tablets during pregnancy, but its effectiveness depends on adherence. **Objective:** To determine the effect of iron tablet consumption on hemoglobin levels in pregnant women at Kajen I Public Health Center, Pekalongan Regency.

Method: This study used a quasi-experimental design with a one-group pre-post test approach. The sample consisted of 30 pregnant women selected using total sampling. Data were collected from maternal health books (KIA) and hemoglobin examination records. Data were analyzed using the Fisher test.

Results: A total of 26 pregnant women (86.7%) regularly consumed iron tablets, and 24 respondents (80%) had normal hemoglobin levels. Statistical analysis showed a significant effect of iron tablet consumption on hemoglobin levels ($p = 0.000$). Pregnant women who regularly consumed iron tablets were less likely to experience anemia than those who did not.

Conclusion: There is a significant correlation between iron supplement consumption and hemoglobin levels in pregnant women. It is recommended to focus on maintaining adherence, regular monitoring, and nutritional education to prevent Hemoglobin decline and ensure continued anemia..

Keywords: Iron Tablets, Hemoglobin, Pregnant Women, Pregnancy Anemia.