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## **Faktor yang Berpengaruh dengan Kepatuhan dalam Konsumsi Tablet Fe pada Ibu Hamil Trimester III di Puskesmas Kandangserang Pekalongan**

### **ABSTRAK**

**Latar Belakang:** Anemia kehamilan merupakan masalah kesehatan yang menimbulkan dampak pada ibu dan janin. Anemia dapat disebabkan perilaku konsumsi tablet Fe yang tidak baik. Penelitian ini bertujuan untuk faktor-faktor yang berhubungan dengan kepatuhan konsumsi tablet Fe pada ibu hamil trimester III di Puskesmas Kandangserang Pekalongan.

**Metode:** Desain penelitian menggunakan survai analitik dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh ibu hamil trimester III di Puskesmas Kandangserang Kabupaten Pekalongan pada bulan Mei 2025 sebanyak 81 orang. Sampel penelitian adalah ibu hamil trimester III di Puskesmas Kandangserang Kabupaten Pekalongan pada bulan Juni 2025 sebanyak 81 orang dengan teknik *total sampling*. Instrumen penelitian yaitu kuesioner. Analisa data menggunakan *chi square*.

**Hasil:** Terdapat 45 orang (55,6%) mempunyai pengetahuan yang cukup tentang anemia, 47 orang (58%) mempunyai motivasi kurang dalam konsumsi tablet Fe, orang (60,5%) mendapatkan dukungan keluarga yang kurang dalam konsumsi tablet Fe dan 46 orang (56,3%) tidak patuh dalam konsumsi tablet Fe. Ada hubungan pengetahuan ( $p: 0,006$ ), motivasi ( $p: 0,008$ ) dan dukungan keluarga ( $p: 0,009$ ) dengan kepatuhan dalam konsumsi tablet Fe pada ibu hamil trimester III di Puskesmas Kandangserang Pekalongan.

**Simpulan:** Faktor pengetahuan, motivasi dan dukungan keluarga berhubungan dengan perilaku konsumsi tablet Fe pada ibu hamil trimester III. Tenaga kesehatan perlu meningkatkan pemberian edukasi pada ibu hamil tentang anemia kehamilan khususnya tanda gejala dan dampak anemia bagi kehamilan dan persalinan.

**Kata kunci:** Pengetahuan, Motivasi, Dukungan Keluarga, Kepatuhan, Tablet Fe

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## **Factors Influencing Behaviour in Fe Tablet Consumption among Third Trimester Pregnant Women at Kandangserang Public Health Center Pekalongan**

### **ABSTRACT**

**Background:** Pregnancy anaemia is health problem that affects both mother and fetus. Anaemia can be caused by poor Fe tablet consumption behaviour. This study aimed to determine the factors associated with Fe tablet consumption behaviour among third trimester pregnant women at Kandangserang Public Health Center Pekalongan.

**Methods:** The research design used analytical survey with cross sectional approach. The study population were all third trimester pregnant women at Kandangserang Public Health Pekalongan Regency in May 2025 as many as 81 people. The research sample were third trimester pregnant women at Kandangserang Public Health Center Pekalongan Regency in June 2025 as many as 81 people by total sampling technique. The research instrument was questionnaire. Data analysis used chi square.

**Results:** There were 45 people (55.6%) had sufficient knowledge about anaemia, 47 people (58%) had less motivation in consuming Fe tablets, people (60.5%) had less family support in consuming Fe tablets and 46 people (56.3%) had poor Fe tablet consumption behaviour. There is a relationship between knowledge ( $p: 0.006$ ), motivation ( $p: 0.008$ ) and family support ( $p: 0.009$ ) with Fe tablet consumption behaviour among third trimester pregnant women at Kandangserang Public Health Center Pekalongan.

**Conclusion:** Knowledge, motivation and family support are associated with Fe tablet consumption behaviour. Health workers need to improve the provision of education to pregnant women about pregnancy anaemia, particularly the signs and symptoms and the impact of anaemia on pregnancy and childbirth.

**Keywords :** Knowledge, Motivation, Family Support, Fe Tablet Consumption