

Universitas Ngudi Waluyo Ungaran  
Kebidanan Program Sarjana Fakultas Kesehatan  
Skripsi, Juli 2025  
NANING DIANASARI,  
157241014

**HUBUNGAN KEPATUHAN MINUM TABLET FE DENGAN KEJADIAN ANEMIA  
PADA IBU HAMIL DI WILAYAH PUSKESMAS BOJONG II KABUPATEN  
PEKALONGAN**

**ABSTRAK**

Latar Belakang: Anemia pada ibu hamil merupakan masalah kesehatan yang masih tinggi di Indonesia, termasuk di wilayah kerja Puskesmas Bojong II Kabupaten Pekalongan. Berdasarkan data Riskesdas dan Dinas Kesehatan, prevalensi anemia pada ibu hamil secara nasional mengalami peningkatan dalam tiga tahun terakhir, yaitu 37,1% (2021), 38,5% (2022), dan 40,2% (2023). Di wilayah Puskesmas Bojong II, tren anemia belum turun secara signifikan dari tahun ke tahun yaitu 53% (2022), 41% (2023) dan 39% (2023). Salah satu upaya pencegahan adalah pemberian minimal 90 tablet Fe selama kehamilan. Namun, kepatuhan ibu hamil dalam mengonsumsi tablet Fe masih rendah, sehingga risiko anemia tetap tinggi.

Tujuan: Mengetahui hubungan antara kepatuhan minum tablet Fe dengan kejadian anemia pada ibu hamil di wilayah Puskesmas Bojong II Kabupaten Pekalongan.

Metode: Penelitian ini menggunakan desain analitik korelasi dengan pendekatan cross sectional. Sampel berjumlah 30 ibu hamil usia >37 minggu yang dipilih melalui teknik total sampling. Data diambil dari buku KIA dan rekam medis laboratorium, kemudian dianalisis menggunakan uji Spearman Rank.

Hasil: Sebanyak 80% responden patuh mengonsumsi tablet Fe, dan 20% tidak patuh. Sebanyak 40% mengalami anemia, sedangkan 60% tidak. Hasil uji Spearman menunjukkan adanya hubungan signifikan antara kepatuhan minum tablet Fe dengan kejadian anemia ( $p = 0,004$ ).

Simpulan: Terdapat hubungan yang signifikan antara kepatuhan minum tablet Fe dengan kejadian anemia pada ibu hamil. Diperlukan edukasi dan pemantauan rutin oleh tenaga kesehatan untuk meningkatkan kepatuhan konsumsi tablet Fe.

Kata Kunci: Kepatuhan, Tablet Fe, Anemia, Ibu Hamil

Ngudi Waluyo University Ungaran  
Undergraduate Midwifery Program, Faculty of Health  
Thesis, July 2025  
NANING DIANASARI,  
157241014

**THE RELATIONSHIP BETWEEN COMPLIANCE WITH IRON TABLET  
CONSUMPTION AND THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN  
AT BOJONG II PUBLIC HEALTH CENTER, PEKALONGAN REGENCY**

**ABSTRACT**

**Background:** Anemia in pregnant women remains a significant public health issue in Indonesia, including in the working area of Bojong II Community Health Center, Pekalongan Regency. According to data from the Basic Health Research (Riskesdas) and the Ministry of Health, the national prevalence of anemia among pregnant women has shown an upward trend over the past three years: 37.1% in 2021, 38.5% in 2022, and 40.2% in 2023. In the Bojong II health center area, anemia prevalence has not shown a significant year on year decline- 53% in 2022, 41% in early 2023 and 39% by the end of 2023. One of the primary prevention strategies is providing a minimum of 90 iron (Fe) tablets during pregnancy. However, adherence to Fe tablet consumption remains low, which contributes to the persistent risk of anemia. **Objective:** To determine the relationship between compliance with iron tablet consumption and the incidence of anemia in pregnant women at Bojong II Community Health Center.

**Method:** This study used a correlational analytic design with a cross-sectional approach. A sample of 30 pregnant women with a gestational age of more than 37 weeks was selected using total sampling. Data were collected from Maternal and Child Health (MCH) books and laboratory medical records, and analyzed using the Spearman Rank test.

**Results:** Among respondents, 80% were compliant with Fe tablet consumption, while 20% were non-compliant. A total of 40% experienced anemia, and 60% did not. The Spearman test indicated a significant relationship between Fe tablet compliance and anemia incidence ( $p = 0.004$ ).

**Conclusion:** There is a significant relationship between compliance with iron tablet consumption and the incidence of anemia in pregnant women. Strengthening education and routine monitoring by health workers is recommended to improve adherence and reduce anemia cases.

**Keywords:** Compliance, Iron Tablets, Anemia, Pregnant Women