

Universitas Ngudi Waluyo Ungaran
Kebidanan Program Sarjana Fakultas Kesehatan
Skripsi, Juli 2025
ENI TRISNINGTYAS, Hapsari Windayanti
157241013

**HUBUNGAN DUKUNGAN SUAMI DENGAN KEPATUHAN MINUM
TABLET FE 180 TABLET PADA IBU HAMIL DI WILAYAH
PUSKESMAS BOJONG II KABUPATEN PEKALONGAN
ABSTRAK**

Latar Belakang: Anemia pada ibu hamil masih menjadi masalah kesehatan di Indonesia, termasuk di wilayah Puskesmas Bojong II Kabupaten Pekalongan. Data menunjukkan bahwa pada tahun 2022 sebanyak 234 dari 443 ibu hamil (53%) mengalami anemia; tahun 2023 sebanyak 163 dari 398 ibu hamil (41%); tahun 2024 sebanyak 143 dari 368 ibu hamil (39%) dan hingga Maret 2025 sebanyak 40 dari 98 ibu hamil (41%). Untuk menanggulangi masalah ini, pemerintah menetapkan program pemberian 180 tablet Fe selama kehamilan. Namun, kepatuhan ibu hamil masih dipengaruhi berbagai faktor, salah satunya dukungan suami. **Tujuan:** Mengetahui hubungan antara dukungan suami dengan kepatuhan minum tablet Fe 180 tablet pada ibu hamil di wilayah Puskesmas Bojong II Kabupaten Pekalongan. **Metode:** Penelitian ini menggunakan desain analitik korelasi dengan pendekatan cross sectional. Sampel berjumlah 35 ibu hamil trimester III usia kehamilan ≥ 37 minggu, yang diambil menggunakan teknik purposive sampling. Instrumen yang digunakan berupa kuesioner dan lembar observasi. Analisis data dilakukan menggunakan uji Spherment rank.

Hasil: Sebagian besar responden (91,4%) mendapatkan dukungan suami tinggi, dan sebanyak 82,9% ibu hamil tergolong patuh dalam mengonsumsi 180 tablet Fe. Hasil uji statistik menunjukkan adanya hubungan yang signifikan antara dukungan suami dengan kepatuhan minum tablet Fe ($p = 0,017$).

Simpulan: Terdapat hubungan yang signifikan antara dukungan suami dan kepatuhan minum tablet Fe 180 tablet pada ibu hamil. Tenaga kesehatan diharapkan dapat melibatkan suami dalam edukasi dan pendampingan kehamilan guna meningkatkan keberhasilan program suplementasi zat besi.

Kata Kunci: Dukungan Suami, Kepatuhan, Tablet Fe, Ibu Hamil

Ngudi Waluyo University Ungaran
Bachelor of Midwifery Program, Faculty of Health Sciences
Thesis, July 2025
ENI TRISNINGTYAS, Hapsari Windayanti
157241013

**THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND
COMPLIANCE WITH CONSUMING 180 IRON TABLETS AMONG
PREGNANT WOMEN IN THE WORKING AREA OF BOJONG II
PUBLIC HEALTH CENTER, PEKALONGAN REGENCY
ABSTRACT**

Background: Anemia in pregnant women remains a health problem in Indonesia, including in the Bojong II Community Health Center in Pekalongan Regency. Data shows that in 2022, 234 of 443 pregnant women (53%) experienced anemia; in 2023, 163 of 398 pregnant women (41%) experienced anemia; in 2024, 143 of 368 pregnant women (39%) experienced anemia; and by March 2025, 40 of 98 pregnant women (41%) experienced anemia. To address this problem, the government established a program to provide 180 iron tablets during pregnancy. However, compliance among pregnant women is still influenced by various factors, one of which is husband support. **Objective:** To determine the relationship between husband's support and compliance with consuming 180 iron tablets among pregnant women in the working area of Bojong II Public Health Center, Pekalongan Regency.

Methods: This study used a correlational analytic design with a cross-sectional approach. The sample consisted of 35 third-trimester pregnant women (≥ 37 weeks of gestation), selected using purposive sampling. Data were collected using a questionnaire and observation sheet. Data analysis was performed using the spherman rank.

Results: Most respondents (91.4%) received a high level of support from their husbands, and 82.9% of pregnant women were categorized as compliant in consuming 180 iron tablets. The Chi-Square test showed a significant relationship between husband's support and compliance with iron tablet consumption ($p = 0.017$).

Conclusion: There is a significant relationship between husband's support and compliance with consuming 180 iron tablets among pregnant women. Health workers are encouraged to involve husbands in education and antenatal support to improve the success of iron supplementation programs.

Keywords: Husband's Support, Compliance, Iron Tablets, Pregnant Women