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GAMBARAN PENGETAHUAN DAN SIKAP IBU HAMIL TENTANG TABLET MULTI MICRONUTRIENT SUPPLEMENT (MMS) DI PUSKESMAS PEKALONGAN SELATAN KOTA PEKALONGAN

ABSTRAK

Latar belakang : Anemia pada ibu hamil masih menjadi masalah kesehatan global dengan prevalensi 35,5% (WHO, 2023). Di Indonesia, prevalensi anemia pada ibu hamil tercatat sebesar 27,7% (SKI, 2023), sedangkan di Provinsi Jawa Tengah sebesar 9,39% (Dinkes Jateng, 2023). Kota Pekalongan memiliki prevalensi anemia lebih tinggi yaitu 16,13%, dan di Puskesmas Pekalongan Selatan angkanya mencapai 29,04% pada tahun 2023. Untuk mengatasi defisiensi mikronutrien, pemerintah meluncurkan program Multi Micronutrient Supplement (MMS) pada tahun 2024 yang diimplementasikan di Kota Pekalongan mulai tahun 2025. Jumlah ibu hamil di Puskesmas Pekalongan Selatan tahun 2025 sebanyak 400 orang, dengan 357 orang (89,25%) telah mengonsumsi MMS, namun angka anemia masih tinggi yaitu 123 orang (30,75%). Keberhasilan program MMS sangat bergantung pada pengetahuan dan sikap ibu hamil. Studi pendahuluan dilakukan di Puskesmas Pekalongan Selatan Kota Pekalongan didapatkan data masih ada 20% ibu hamil yang belum mengetahui apa itu MMS. Penelitian mengenai gambaran pengetahuan dan sikap ibu hamil tentang MMS di Kota Pekalongan masih terbatas.
Tujuan : Untuk mengetahui Gambaran Pengetahuan dan Sikap Ibu Hamil tentang Tablet Multi Micronutrient Supplement (MMS) di Puskesmas Pekalongan Selatan , Kota Pekalongan
Metode : Penelitian ini merupakan penelitian deskriptif kuantitatif dengan menggunakan metode cross sectional. Instrumen penelitian menggunakan kuesioner. Teknik pengambilan sampel menggunakan accidental sampling dengan jumlah responden sebanyak 80 orang.
Hasil : Ibu hamil di Puskesmas Pekalongan Selatan memiliki tingkat pengetahuan baik tentang MMS sebanyak 75 responden (93,7%) dan pengetahuan cukup sebanyak 5 responden (6,3%), serta memiliki sikap positif yaitu sebanyak 44 responden (55%), sedangkan 36 responden (45%) menunjukkan sikap negatif.
Kesimpulan : Pengetahuan tentang MMS di Puskesmas Pekalongan Selatan dalam kategori baik dan mempunyai sikap positif, namun masih cukup tinggi yang memilki sikap negatif sehingga masih diperlukan peningkatan edukasi dan konseling yang berkelanjutan.

Kata kunci : Pengetahuan, Sikap, Ibu Hamil, MMS

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DESCRIPTION OF PREGNANT WOMEN'S KNOWLEDGE AND ATTITUDES ABOUT MULTI MICRONUTRIENT SUPPLEMENT (MMS) TABLETS AT SOUTH PEKALONGAN COMMUNITY HEALTH CENTER, PEKALONGAN CITY

ABSTRACT

Background: Anemia among pregnant women remains a global health issue with a prevalence of 35.5% (WHO, 2023). In Indonesia, the prevalence of anemia in pregnant women was recorded at 27.7% (SKI, 2023), whereas in Central Java Province, it stood at 9.39% (Central Java Provincial Health Office, 2023). Pekalongan City reported a higher prevalence of 16.13%, and at the South Pekalongan Community Health Center, the rate reached 29.04% in 2023. To address micronutrient deficiencies, the government launched the Multi Micronutrient Supplement (MMS) program in 2024, which was implemented in Pekalongan City starting in 2025. The total number of pregnant women at South Pekalongan Community Health Center in 2025 was 400, with 357 women (89.25%) having consumed MMS; however, the anemia rate remained high at 123 women (30.75%). The success of the MMS program relies heavily on the knowledge and attitudes of pregnant women. A Preliminary study was conducted at the South Pekalongan PublicHealth Center, Pekalongan City. The data showed that 20% of pregnant womwn still did not know what MMS is. Research describing the knowledge and attitudes of pregnant women regarding MMS in Pekalongan City remains limited.
Objective: To determine the overview of knowledge and attitudes among pregnant women regarding Multi Micronutrient Supplement (MMS) tablets at South Pekalongan Community Health Center, Pekalongan City.
Methods: This study was a quantitative descriptive research using a cross-sectional approach. Data were collected using a questionnaire. The sampling technique employed was purposive sampling, involving a total of 80 respondents.
Results: Among the pregnant women at South Pekalongan Community Health Center, 75 respondents (93.7%) had a good level of knowledge about MMS and 5 respondents (6.3%) had moderate knowledge. Furthermore, 44 respondents (55%) exhibited a positive attitude, whereas 36 respondents (45%) showed a negative attitude.
Conclusion: Knowledge regarding MMS among pregnant women at South Pekalongan Community Health Center is predominantly in the good category and majority hold a positive attitude. However, the proportion of women with negative attitudes remains relatively high, highlighting the ongoing need for enhanced and continuous health education and counseling.

Keywords: Knowledge, Attitude, Pregnant Women, Multi Micronutrient Supplement (MMS)