

## ABSTRAK

Dwi Indana Zulfa

PENGARUH KETERATURAN MENGKONSUMSI TABLET LADUNI  
TERHADAP KEJADIAN ANEMIA PADA IBU HAMIL

xv + 60 Halaman + 8 Tabel + 12 Lampiran

Laduni / Multiple Micronutrient Supplement (MMS) adalah suatu formula yang mengandung 15 nutrisi esensial, khususnya ibu hamil. Tablet laduni diminum setiap hari satu tablet selama kehamilan (dihabiskan). Suplemen ini bertujuan untuk mencegah kelahiran bayi berisiko stunting, menurunkan masalah anemia, mengurangi komplikasi kehamilan, mengurangi bayi berat lahir rendah (BBLR) serta mengurangi kematian ibu melahirkan. Kesiapan ibu hamil untuk mengikuti arahan petugas tentang cara mengonsumsi tablet laduni sebagai bukti kepatuhan saat mengonsumsi Tablet Laduni. Kepatuhan ini dapat dilihat dengan menghitung jumlah tablet laduni yang dikonsumsi, cara mengkonsumsinya dengan benar, dan frekuensi yang dikonsumsi setiap hari. Tablet laduni diminum setiap hari satu tablet selama kehamilan untuk mengatasi anemia.

Metode riset menerapkan analitik observasional potong lintang dengan mengumpulkan data pada satu titik waktu sehingga memberikan gambaran deskriptif tentang fenomena yang diteliti. Sampelnya yaitu seluruh ibu hamil di Puskesmas Kedurus yakni 34 ibu hamil menerapkan *purposive sampling*. Data dianalisis menggunakan uji *Wilcoxon* untuk mengetahui keterkaitan stabilitas pola konsumsi tablet laduni dengan insiden anemia gestasional.

Temuan riset didapatkan sebagian besar ibu hamil di Puskesmas Kedurus disiplin konsumsi tablet laduni dan hampir seluruhnya mempunyai peningkatan kadar hemoglobin dalam darah mengalami. *Output Wilcoxon* didapatkan  $p\text{-value } 0.00 < 0.05$ . Maka disimpulkan ada keterkaitan keteraturan konsumsi tablet laduni dengan insiden anemia gestasional di Puskesmas Kedurus Surabaya. Konsumsi tablet laduni yang disiplin akan menekan insiden anemia kehamilan. Sebab kandungan mikronutrien pada tablet laduni seperti Iodium, Fe, Seng, Selenium, Vit 12, asam folat dan lainnya sebagai bahan yang dapat menunjang pembentukan sel hemoglobin darah.

Kata Kunci : Tablet Laduni, Anemia

Daftar bacaan: 12 buku (2018-2023)

## ABSTRACT

Dwi Indana Zulfa

*THE EFFECT OF SUSTAINED INTAKE OF LADUNI TABLETS ON THE INCIDENCE OF ANEMIA GESTATIONAL*

*xv + 60 Pages + 8 Tables + 12 Appendices*

*Laduni, or Multiple Micronutrient Supplement (MMS), is a formula containing 15 essential vitamins and minerals, especially beneficial for pregnant women. The Laduni tablet is taken daily, one tablet throughout the pregnancy (until finished). This supplement aims to prevent stunting in infants, reduce anemia, decrease pregnancy complications, reduce low birth weight infants (LBW), and reduce maternal mortality. Pregnant women's willingness to follow health worker instructions regarding the consumption of Laduni tablets serves as proof of compliance. This compliance is measurable through the count of Laduni tablets consumed, ensuring proper consumption methods, and monitoring the frequency of daily intake. The Laduni tablet is taken daily, one tablet during pregnancy, to treat anemia.*

*This research method uses an observational analytical - cross sectional approach. The subject was 34 pregnant women at the Kedurus Health and recruited through a purposive sampling. The Wilcoxon test was employed to analyze the data and assess correlation sustained intake of laduni tablets on the incidence of anemia gestational.*

*The results of the study showed that most gestacy women at the Puskesmas Kedurus were obedient in consuming laduni tablets and also knew that almost all gestacy women who consumed laduni tablets regularly had increased hemoglobin degrees in their blood. The output of test statistics revealed a significant value of  $0.00 < 0.05$ , so there is a strong correlation between sustained intake of laduni tablets on the incidence of anemia gestational at the Puskesmas Kedurus, Surabaya. sustained intake of laduni tablets decreased incidence of anemia gestational. The micronutrient content in Laduni tablets such as Iodine, Fe, Zinc, Selenium, Vit 12, Folic Acid and others as ingredients that can support the formation of blood hemoglobin cells to avoid anemia.*

*Keywords: Laduni Tablets, Anemia*

*References: 12 books (2018-2023)*