

ABSTRAK

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HUBUNGAN KEPATUHAN MINUM TABLET TAMBAH DARAH DENGAN
KADAR HEMOGLOBIN IBU HAMIL DI PUSKESMAS SUMBERAGUNG
KABUPATEN MAGETAN

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xvii + 81 Halaman + 14 Tabel + 9 Lampiran

Anemia selama kehamilan merupakan keadaan di mana kadar hemoglobin pada ibu hamil berada di bawah 11 gram persen, yang dapat menimbulkan gangguan kesehatan karena hemoglobin dalam sel darah merah berperan penting dalam mengedarkan oksigen ke seluruh tubuh. Keadaan ini bisa membahayakan baik ibu maupun janin. Anemia pada ibu hamil dapat meningkatkan kemungkinan terjadinya komplikasi seperti kelahiran prematur, perdarahan, berat bayi lahir rendah, plasenta previa, eklampsia, ketuban pecah dini, infeksi, hingga kematian ibu dan bayi. Untuk mencegah risiko tersebut, ibu hamil disarankan untuk mengonsumsi setidaknya 90 tablet Tablet Tambah Darah (TTD) selama masa kehamilan. Di Puskesmas Sumberagung, Kabupaten Magetan, cakupan pemberian TTD pada tahun 2024 telah mencapai 91%. Meskipun distribusi TTD telah dilakukan, jumlah ibu hamil dengan kadar hemoglobin di bawah 11 gr/dl masih terbilang tinggi. Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara kepatuhan dalam mengonsumsi TTD dengan kadar hemoglobin pada ibu hamil yang terdaftar di Puskesmas Sumberagung, Kabupaten Magetan. Penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross sectional*. Sampel dalam penelitian ini berjumlah 70 ibu hamil. Analisis data dilakukan menggunakan uji *Chi Square*. Hasil penelitian menunjukkan bahwa sebagian besar responden, yaitu 38 orang (54,3%), tergolong kurang patuh dalam mengonsumsi TTD. Selain itu, sebanyak 51 responden (72,9%) memiliki kadar hemoglobin yang rendah. Terdapat hubungan yang signifikan antara tingkat kepatuhan mengonsumsi TTD dan kadar hemoglobin pada ibu hamil dengan (p -value = 0,000).

Kata kunci: Kepatuhan, Tablet Tambah Darah, Kadar Hemoglobin, Ibu Hamil

ABSTRACT

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THE RELATIONSHIP BETWEEN IRON SUPPLEMENT
TABLET ADHERENCE AND HEMOGLOBIN LEVELS IN
PREGNANT WOMEN AT SUMBERAGUNG PUBLIC HEALTH
CENTER, MAGETAN REGENCY

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Pregnancy anemia is when the hemoglobin level in pregnant women is below 11 grams percent, which leads to complications in health since hemoglobin found in red blood cells plays a central role in delivering oxygen throughout the body. The condition poses danger to the baby and the mother. Anemia in pregnant women may lead to complications such as premature delivery, bleeding, low birth weight, eclampsia, premature rupture of membranes, infection, and even infant and maternal mortality. These risks can be averted if pregnant women take at least 90 iron supplement tablets (Tablet Tambah Darah or TTD) during pregnancy. At Sumberagung Public Health Center (Puskesmas), Magetan Regency, distribution coverage of TTD in 2024 has been reached at 91%. Despite the less than perfect distribution, pregnant women with hemoglobin levels less than 11 gr/dl are still high. This study is to identify the existence of relationship or otherwise between compliance of taking TTD and hemoglobin status among pregnant women who have registered at Sumberagung Public Health Center, Magetan Regency. The study used an observational analytic design with a cross-sectional design. There were 70 pregnant women in the sample. Data analysis was conducted using the Chi-Square test. Findings showed that the respondents were mostly non-adherent to eating TTD with 38 respondents (54.3%). The majority of respondents, 51 out of 70 (72.9%), were also low in hemoglobin. There existed a high correlation between compliance level with respect to consumption of TTD and hemoglobin among pregnant women (p -value = 0.000).

Keywords: Compliance, Iron Tablets, Hemoglobin Level, Pregnant Woman