

ABSTRAK

HUBUNGAN KETERATURAN IBUHAMIL DALAM MENGONSUMSI TABLET TAMBAH DARAH DENGAN KEJADIAN ANEMIA PADA IBU HAMIL TRIMESTER III DI PUSKESMAS TAJI

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Anemia di usia kehamilan trimester III berisiko tinggi memicu perdarahan pascapersalinan, BBLR, hingga kematian ibu. Peningkatan kebutuhan zat besi pada fase akhir kehamilan ini memerlukan intervensi preventif melalui suplementasi tablet zat besi (Fe). Keteraturan mengonsumsi tablet Fe berperan sebagai aspek determinan pokok dalam mempertahankan kadar hemoglobin ibu tetap normal. Kajian ini bermaksud untuk menganalisis hubungan antara keteraturan ibu dalam mengonsumsi tablet Fe dengan kejadian anemia pada ibu hamil Trimester III di Wilayah Kerja Puskesmas Taji Kabupaten Magetan Tahun 2026.

Studi ini ialah studi kuantitatif menerapkan desain analitik korelasi melalui metode *cross-sectional*. Populasi studi mencakup keseluruhan ibu hamil trimester III di wilayah kerja Puskesmas Taji pada bulan Februari–Maret 2026 dengan total 37 orang sebagai sampel penelitian menggunakan *total sampling*. Pengukuran variabel independen (keteraturan konsumsi) dilakukan menggunakan kuesioner terstruktur, sedangkan variabel dependen (kejadian anemia) diukur melalui pengecekan nilai Hb. Data dianalisis menggunakan uji *Chi-Square*.

Pada variabel independen menghasilkan temuan bahwa mayoritas responden teratur mengonsumsi tablet Fe sebesar 62,2% (23 ibu). Pada variabel dependen, mayoritas responden tidak mengalami anemia ($Hb \geq 11$ g/dL) sebesar 70,3% (26 ibu). Hasil analisis bivariat menginterpretasikan bahwa dari 23 ibu yang teratur mengonsumsi tablet Fe, seluruhnya tidak mengidap anemia (100%). Sebaliknya, dari 14 ibu yang tidak teratur, mayoritas mengalami anemia sebesar 78,6% (11 ibu). Uji *Chi-Square* menghasilkan nilai $p\text{-value} = 0,000$ ($p < 0,05$), yang mengindikasikan adanya hubungan yang signifikan secara statistik antara keteraturan konsumsi tablet Fe dengan kejadian anemia.

Keteraturan konsumsi tablet Fe terbukti menjadi faktor protektif utama dalam mencegah anemia defisiensi besi di tengah fenomena hemodilusi akhir kehamilan. Namun, angka ketidakaturan (37,8%) masih ditemukan akibat efek samping mual dan kejenuhan minum obat (*pill-burden*). Mengingat prevalensi anemia masih berada di atas target nasional (29,7%), kepatuhan ibu hamil mendesak ditingkatkan melalui intervensi edukasi diet protein hewani, pelibatan suami sebagai Pengawas Minum Obat (PMO), serta konseling manajemen efek samping tablet Fe.

Kata kunci: Anemia; Ibu Hamil; Keteraturan; Tablet Fe; Trimester III

ABSTRACT

THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S REGULARITY IN CONSUMING IRON SUPPLEMENT TABLETS AND THE OCCURRENCE OF ANEMIA IN THIRD-TRIMESTER PREGNANT WOMEN AT TAJI HEALTH CENTER

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Anemia during the third trimester of pregnancy is associated with a high risk of postpartum hemorrhage, low birth weight (LBW), and maternal mortality.. The increased demand for iron during the late stage of pregnancy requires preventive strategies, particularly through iron supplementation using iron (Fe) tablets. Regular consumption of Fe tablets serves as a key determinant in maintaining maternal hemoglobin levels within the normal range. This study aimed to analyze the relationship between adherence to Fe tablet consumption and the incidence of anemia among third-trimester pregnant women in the working area of Taji Public Health Center, Magetan Regency, in 2026.

This study employed a quantitative research design using an analytical correlational approach with a cross-sectional design. The study population consisted of all third-trimester pregnant women in the working area of Taji Community Health Center during February–March 2026, totaling 37 participants, who were recruited using a total sampling technique. The independent variable (adherence to iron tablet consumption) was measured using a structured questionnaire, while the dependent variable (anemia incidence) was assessed by measuring hemoglobin (Hb) levels. Data were analyzed using the Chi-square test.

The findings showed that the majority of respondents had good adherence to Fe tablet consumption, accounting for 62.2% (23 pregnant women). Regarding the dependent variable, most respondents were not classified as anemic ($Hb \geq 11$ g/dL), representing 70.3% (26 pregnant women). The bivariate analysis revealed that all respondents who regularly consumed Fe tablets did not experience anemia (100%). In contrast, among respondents with poor adherence, the majority experienced anemia, accounting for 78.6% (11 pregnant women). The Chi-Square test demonstrated a p-value of 0.000 ($p < 0.05$), indicating a statistically significant association between Fe tablet consumption adherence and anemia incidence. Regular Fe tablet consumption was identified as a major protective factor against iron deficiency anemia amid the physiological hemodilution process occurring in late pregnancy. However, non-adherence remained prevalent (37.8%), primarily associated with side effects such as nausea and medication fatigue due to pill burden. Considering that the prevalence of anemia remains above the national target (29.7%), improving maternal adherence is essential through interventions involving nutritional education emphasizing animal-based protein intake, husband participation as Medication Supervisors, and counseling on strategies to manage Fe tablet side effect.

Keywords: Adherence; Anemia; Iron Supplementation; Pregnant Women; Trimester III