

ABSTRAK

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Hubungan Kepatuhan Minum MMS (*Multiple Micronutrients Supplement*) dengan Kadar Hemoglobin pada Ibu Hamil di Puskesmas Sumberagung Kabupaten Magetan
1x+ 90 halaman + 7 Tabel + 7 Lampiran

Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi selama kehamilan. Salah satu upaya pencegahan anemia adalah melalui konsumsi *Multiple Micronutrient Supplements* (MMS)/Tablet Tambah Darah (TTD) selama kehamilan. Namun, keberhasilan program tersebut sangat dipengaruhi oleh tingkat kepatuhan ibu hamil dalam mengonsumsi MMS. Ketidakepatuhan konsumsi MMS dapat menyebabkan penurunan efektivitas suplementasi sehingga kadar hemoglobin tidak mengalami peningkatan yang optimal. Tingkat kepatuhan ibu hamil dalam mengonsumsi MMS masih bervariasi. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan konsumsi MMS dengan kadar hemoglobin pada ibu hamil. Penelitian ini menggunakan desain penelitian kuantitatif, populasi berjumlah 110 ibu hamil dengan pendekatan korelasional. Sampel penelitian berjumlah 96 ibu hamil yang diperoleh menggunakan teknik *simple random sampling*. Data kepatuhan konsumsi MMS diukur berdasarkan jumlah tablet yang dikonsumsi selama kehamilan yang tercatat dalam buku KIA, sedangkan data kadar hemoglobin diperoleh dari hasil pemeriksaan trimester III. Analisis data menggunakan uji korelasi *Spearman rho*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat kepatuhan konsumsi MMS kategori sedang sebanyak 38 responden (39,6%), kategori tinggi sebanyak 34 responden (35,4%), dan kategori rendah sebanyak 24 responden (25,0%). Rata-rata kadar hemoglobin trimester I sebesar 11,6 g/dL dan trimester II sebesar 12,3 g/dL. Hasil uji korelasi *Spearman* menunjukkan terdapat hubungan yang signifikan antara kepatuhan konsumsi MMS dengan kadar hemoglobin trimester I ($r = 0,412$; $p = 0,000$) dan trimester II ($r = 0,538$; $p = 0,000$). Arah hubungan bersifat positif, berkekuatan sedang. Temuan ini menunjukkan bahwa kepatuhan konsumsi MMS merupakan faktor penting dalam menjaga dan meningkatkan kadar hemoglobin selama kehamilan, sehingga dapat mendukung upaya pencegahan anemia pada ibu hamil. Kesimpulan penelitian ini adalah terdapat hubungan signifikan antara kepatuhan konsumsi MMS dengan kadar hemoglobin pada ibu hamil. Diharapkan tenaga kesehatan dapat meningkatkan edukasi dan pemantauan kepatuhan konsumsi MMS untuk mencegah anemia pada ibu hamil.

Kata kunci: kepatuhan, MMS, hemoglobin, ibu hamil.

ABSTRACT

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Hubungan Kepatuhan Minum MMS (*Multiple Micronutrients Supplement*) dengan Kadar Hemoglobin pada Ibu Hamil di Puskesmas Sumberagung Kabupaten Magetan
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Anemia in pregnant women remains a public health problem that may increase the risk of complications during pregnancy. One of the strategies to prevent anemia is the provision of Multiple Micronutrient Supplements (MMS)/Iron-Folic Acid (IFA) tablets during pregnancy. However, the success of this program is highly influenced by pregnant women's adherence to MMS consumption. Poor adherence may reduce the effectiveness of supplementation, resulting in suboptimal improvement of hemoglobin levels. Therefore, this study aimed to determine the relationship between adherence to MMS consumption and hemoglobin levels among pregnant women. This study employed a quantitative research design, the population is 110 pregnant women with a correlational approach. A total of 96 pregnant women were selected using a simple random sampling technique. Data on adherence to MMS consumption were measured based on the number of tablets consumed during pregnancy as recorded in the Maternal and Child Health (MCH) Handbook, while hemoglobin level data were obtained from hemoglobin examinations conducted during the first and third trimesters. Data were analyzed using Spearman's rho correlation test. The results showed that most respondents had a moderate level of adherence to MMS consumption, accounting for 38 respondents (39.6%), followed by a high adherence level in 34 respondents (35.4%) and a low adherence level in 24 respondents (25.0%). The mean hemoglobin level was 11.6 g/dL in the first trimester and 12.3 g/dL in the third trimester. Spearman's rho correlation test revealed a significant relationship between adherence to MMS consumption and hemoglobin levels in the first trimester ($r = 0.412$; $p = 0.000$) and the third trimester ($r = 0.538$; $p = 0.000$). The correlations were positive with moderate strength. These findings indicate that adherence to MMS consumption plays an important role in maintaining and improving hemoglobin levels during pregnancy, thereby supporting anemia prevention efforts among pregnant women. In conclusion, there is a significant relationship between adherence to MMS consumption and hemoglobin levels among pregnant women. Healthcare providers are expected to enhance education and monitoring of MMS consumption adherence as part of anemia prevention efforts during pregnancy. Keywords: adherence, Multiple Micronutrient Supplements (MMS), hemoglobin, anemia, pregnant women.

Keywords: compliance, MMS, hemoglobin, pregnant women.