

ABSTRAK

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HUBUNGAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH
DENGAN KEJADIAN ANEMIA PADA CALON PENGANTIN

xiv + 102 Halaman + 7 Tabel + 17 Lampiran

Anemia menjadi salah satu gangguan kesehatan yang kerap menimpa calon pengantin wanita, yang mana kondisi tersebut berisiko memicu komplikasi sewaktu hamil maupun bersalin. Konsumsi Tablet Tambah Darah (TTD) menjadi langkah pencegahan yang dilakukan sejauh ini, di mana tingkat kepatuhan minumannya sangat menentukan efektivitas obat tersebut. Atas alasan itu, studi ini dikerjakan untuk menguji adakah keterkaitan antara tingkat kepatuhan minum Tablet Tambah Darah (TTD) dan munculnya anemia pada calon pengantin.

Rancangan observasional analitik melalui pendekatan kohort prospektif dipakai sebagai metode kuantitatif pada penelitian ini. Sementara kejadian anemia pada catin ditempatkan sebagai variabel terikat, tingkat kepatuhan mengonsumsi TTD dijadikan sebagai variabel bebasnya. Sebanyak 54 calon pengantin wanita diambil sebagai sampel lewat teknik stratified proportional *random sampling*. Peneliti memakai lembar ceklis pemakaian TTD selama 30 hari serta pemeriksaan kadar hemoglobin via Hemoglobinometer sebagai alat ukur. Adapun kriteria anemia ditetapkan jika hasil pemeriksaan Hb menunjukkan angka <12 g/dL. Data yang terkumpul lantas diolah lewat analisis univariat dan analisis bivariat menggunakan uji *Fisher's Exact Test*.

Tingkat kepatuhan yang tinggi dalam minum TTD dicapai oleh hampir semua calon pengantin berdasarkan temuan di lapangan (87%). Mayoritas calon pengantin terbebas dari anemia pasca 30 hari rutin mengonsumsi obat (85%), walaupun anemia tetap ditemukan pada sebagian kecil di antaranya (15%). Hasil pengujian membuktikan bahwa kepatuhan minum TTD memiliki hubungan yang bermakna secara statistik terhadap kejadian anemia di kalangan calon pengantin ($p = 0,000$).

Kejadian anemia pada catin terbukti berkaitan erat dengan seberapa patuh mereka mengonsumsi TTD. Dibandingkan kelompok yang tidak patuh, calon pengantin yang rutin meminum TTD jauh lebih dominan berada pada kondisi tubuh yang sehat tanpa anemia. Hasil studi ini menguatkan gambaran mengenai betapa krusialnya membiasakan minum TTD secara teratur demi mencegah risiko anemia di periode prakonsepsi.

Kata kunci: anemia, calon pengantin, kepatuhan, TTD

ABSTRACT

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THE RELATIONSHIP BETWEEN COMPLIANCE WITH IRON SUPPLEMENTATION TABLET CONSUMPTION AND THE INCIDENCE OF ANEMIA AMONG BRIDES-TO-BE

xiv + 102 Pages + 7 Tables + 17 Appendices

Anemia represents a frequent health issue faced by prospective brides, posing significant risks of complications throughout pregnancy and delivery. Taking Iron Supplement Tablets (TTD) serves as the primary preventive measure implemented thus far, with full adherence directly determining the treatment's efficacy. For this reason, the present study was conducted to examine the potential link between compliance in taking Iron Supplement Tablets (TTD) and the occurrence of anemia among prospective brides.

An analytical observational design employing a prospective cohort approach was chosen as the quantitative framework for this research. While the incidence of anemia in prospective brides acted as the dependent variable, compliance with TTD intake served as the independent variable. A total of 54 prospective brides were recruited as respondents through stratified proportional random sampling. Data collection relied on a 30-day TTD consumption log along with hemoglobin measurements obtained via a hemoglobinometer. Furthermore, anemia was defined by Hb concentrations falling below <12 g/dL. The gathered data were subsequently processed through univariate analysis and bivariate testing using Fisher's Exact Test.

High compliance levels regarding TTD intake were exhibited by nearly all prospective brides (87%). Following 30 days of consistent supplementation, the vast majority showed no signs of anemia (85%), whereas anemia persisted in only a minor fraction of the participants (15%). Statistical evaluation confirmed a significant correlation between compliance with iron tablet intake and the overall incidence of anemia in prospective brides ($p = 0.000$).

The occurrence of anemia among prospective brides is strongly tied to their consistency in consuming TTD. Compared to non-compliant individuals, prospective brides who regularly adhered to TTD supplementation were far more likely to maintain normal, non-anemic conditions. These results emphasize how vital daily TTD compliance is as a preventive strategy against anemia throughout the preconception phase.

Keywords: anemia, brides-to-be, adherence, iron supplementation tablets