

ABSTRAK

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EFEKTIFITAS KEPATUHAN KONSUMSI MULTIPLE *MICRONUTRIENT SUPPLEMENT* (MMS) DENGAN KENAIKAN KADAR HEMOGLOBIN PADA IBU HAMIL DI PUSKESMAS CANDIREJO MAGETAN

xv + 64 Halaman + 8 Tabel + 3 Gambar + 10 Lampiran

Anemia pada ibu dapat berkontribusi terhadap meningkatnya risiko komplikasi kehamilan dan persalinan, dampak anemia dapat menyebabkan risiko berat mulai dari kehamilan, persalinan, nifas, dan dapat membahayakan janin atau bayi baru lahir apila tidak ditangani dengan baik. Penelitian ini bertujuan mengetahui hubungan antara tingkat kepatuhan konsumsi *Multiple Micronutrient Supplement* (MMS) dengan kenaikan kadar hemoglobin

Studi ini menggunakan rancangan *cross-sectional*, subyek dalam penelitian adalah total sasaran ibu hamil trimester III di Puskesmas Candirejo Magetan periode Maret-April 2026. Variabel dalam penelitian adalah peningkatan kadar hemoglobin dan kepatuhan konsumsi tablet MMS. Instrumen penelitian yang digunakan kuesioner *Medication Adherence Rating Scale* (MARS).

Berdasarkan hasil uji menggunakan uji *Chi Square* sebagian besar ibu hamil trimester III memiliki tingkat kepatuhan yang baik dalam mengonsumsi MMS, sebagian besar ibu hamil trimester III mengalami peningkatan kadar hemoglobin setelah mengonsumsi MMS, terdapat hubungan kepatuhan konsumsi MMS dengan kenaikan kadar hemoglobin pada ibu hamil.

Sebagian besar ibu hamil memiliki tingkat kepatuhan yang baik, sebagian besar ibu hamil mengalami peningkatan kadar hemoglobin setelah mengonsumsi MMS. Ibu hamil diharapkan dapat meningkatkan kepatuhan dalam mengonsumsi MMS agar risiko anemia dapat diminimalkan, selain itu suami, keluarga, dan lingkungan sekitar diharapkan memberikan dukungan serta motivasi kepada ibu hamil agar rutin mengonsumsi tablet MMS. Kader kesehatan dan bidan diharapkan aktif melakukan pemantauan dan edukasi.

Kata kunci: Kepatuhan, Konsumsi, MMS, Hb

Daftar bacaan: 12 buku (2017 - 2026)

ABSTRACT

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THE EFFECTIVENESS OF MULTIPLE MICRONUTRIENT SUPPLEMENT (MMS) COMPLIANCE AND HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT CANDIREJO COMMUNITY HEALTH CENTER, MAGETAN

xv + 64 Pages + 8 Tables+ 3 Picture + 10 Appendices

Anemia in pregnant women can increase the risk of poor pregnancy and delivery outcomes. If not properly managed, anemia can cause complications during pregnancy, labor, and the postpartum period, as well as pose significant risks to the health of the fetus and newborn. This study aimed to examine the relationship between adherence to Multiple Micronutrient Supplementation (MMS) and changes in hemoglobin levels in pregnant women.

The study design used a cross-sectional study. The study population consisted of all third-trimester pregnant women who visited the Candirejo Community Health Center, Magetan, between March and April 2026. The variables studied were hemoglobin level increase and adherence to MMS consumption. Compliance data were collected using the Treatment Adherence Assessment Scale (MARS) questionnaire.

Chi-square analysis findings indicated that most third-trimester pregnant women demonstrated good adherence to MMS intake. Furthermore, most experienced an increase in hemoglobin levels after MMS consumption. Statistical analysis revealed a significant association between adherence to MMS supplementation and increased hemoglobin levels during pregnancy.

Overall, good adherence to MMS supplementation was generally observed, and most participants demonstrated an increase in hemoglobin concentration after supplementation. Pregnant women are encouraged to maintain consistent adherence to MMS intake to reduce the risk of anemia and its complications. Furthermore, support and motivation from husbands, family members, and the surrounding community are crucial to encourage regular supplement use. Health volunteers and midwives are also expected to play an active role in monitoring adherence and providing ongoing health education to optimize maternal health outcomes.

Keywords: Adherence, Consumption, MMS, Hb

References: 12 books (2017–2026).