

ABSTRAK

Anemia pada kehamilan dapat membahayakan kesehatan ibu dan anak. Kepatuhan ibu hamil dalam mengonsumsi tablet tambah akan meningkatkan angka kejadian anemia. Berdasarkan data Riset Kesehatan Dasar (2021) persentase ibu hamil yang mendapatkan 90 tablet tambah darah sebanyak 84,2% dan hanya 42,2% yang mengonsumsi tablet tambah darah. Cakupan tablet tambah darah di Puskesmas Tikung pada tahun 2022 sebesar 86% dan belum mencapai target yang ditetapkan yaitu 95% dan kejadian anemia pada ibu hamil juga masih tinggi. Penelitian ini bertujuan mengidentifikasi pengetahuan, sikap, dan kepatuhan ibu hamil mengonsumsi tablet tambah darah serta menganalisis hubungan pengetahuan dan sikap ibu hamil dengan kepatuhan konsumsi tablet tambah darah.

Jenis penelitian ini adalah analitik dengan pendekatan *cross-sectional*. Populasinya 142 ibu hamil yang sudah mendapatkan tablet tambah darah, sampelnya 104 ibu hamil, menggunakan cara *simple random sampling*. Variabel independennya adalah pengetahuan dan sikap ibu hamil, variabel dependennya adalah kepatuhan konsumsi tablet tambah darah. Instrumen yang digunakan adalah kuesioner. Analisis data menggunakan uji *chi square* ($<\alpha 0,05$)

Berdasarkan hasil penelitian, didapatkan terdapat 60,6% ibu hamil yang tidak patuh mengonsumsi tablet tambah darah. Hasil penelitian menunjukkan variabel yang berhubungan dengan kepatuhan konsumsi tablet tambah darah pada ibu hamil adalah pengetahuan *p value* sebesar 0,018 ($<\alpha 0,05$) Dan sikap *p value* sebesar 0,001 ($<\alpha 0,05$).

Kesimpulan penelitian adalah ada hubungan antara pengetahuan dan sikap ibu hamil dengan kepatuhan konsumsi tablet tambah darah. Sarannya adalah tenaga kesehatan perlu meningkatkan informasi tentang pentingnya konsumsi tablet tambah darah dan mengikuti kegiatan kelas ibu hamil.

Kata Kunci : Pengetahuan, Sikap Ibu Hamil, Kepatuhan

ABSTRACT

Anemia in pregnancy can endanger the health of mother and child. Compliance of pregnant women in consuming added tablets will increase the incidence of anemia. Based on Basic Health Research data (2021) the percentage of pregnant women who received 90 iron tablets was 84.2% and only 42.2% consumed blood tablets. The coverage of blood supplement tablets at the Tikung Health Center in 2022 is 86% and has not yet reached the set target of 95% and the incidence of anemia in pregnant women is still high. This study aims to identify the knowledge, attitudes, and adherence of pregnant women to consuming iron supplements and to analyze the relationship between the knowledge and attitudes of pregnant women and adherence to iron tablets consumption.

This type of research is analytic with a cross-sectional approach. The population is 142 pregnant women who have received iron supplement tablets, the sample is 104 pregnant women, using simple random sampling method. The independent variable is the knowledge and attitude of pregnant women, the dependent variable is adherence to taking iron tablets. The instrument used is a questionnaire. Data analysis using the chi square test ($<\alpha 0.05$)

Based on the results of the study, it was found that there were 60.6% of pregnant women who were not compliant in taking iron supplement tablets. The results showed that the variables associated with adherence to blood supplement consumption in pregnant women were knowledge with a p value of 0.018 ($<\alpha 0.05$) and attitude with a p value of 0.001 ($<\alpha 0.05$).

The conclusion of the study is that there is a relationship between knowledge and attitudes of pregnant women with adherence to taking iron tablets. The suggestion is that health workers need to increase information about the importance of consuming iron tablets and participating in class activities for pregnant women..

Keywords: Knowledge, Attitudes of Pregnant Women, Compliance