

HUBUNGAN KEPATUHAN KONSUMSI TABLET BESI (FE) DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI UPT PUSKESMAS NOEBEBA

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ABSTRAK

Latar Belakang : Anemia pada kehamilan sering disebut dengan “potensi danger to mother and Child” (potensi membahayakan ibu dan anak). Anemia pada kehamilan merupakan masalah kesehatan global yang hampir mempengaruhi 50% ibu hamil di dunia. Tingginya kasus anemia pada ibu hamil merupakan indikator kesehatan buruk. Penyebab anemia pada ibu hamil adalah kekurangan zat besi dalam tubuh, disebabkan asupan yang tidak adekuat dan kebutuhan zat besi yang tidak dapat dipenuhi dari unsur makanan. Konsumsi tablet besi (fe) merupakan solusi yang tepat. Kepatuhan konsumsi tablet besi (fe) merupakan salah satu faktor yang bisa menyebabkan masih tingginya kejadian anemia pada Ibu hamil, di mana ibu hamil yang tidak patuh mengkonsumsi tablet besi (fe) akan berisiko terjadinya anemia lebih besar.

Data yang di dapat dari UPT Puskesmas Noeboba Kabupaten Timor Tengah Selatan Tahun 2023 didapatkan jumlah ibu hamil 199 orang, yang anemia sebanyak 22 orang. Penelitian ini bertujuan Untuk mengetahui hubungan kepatuhan konsumsi tablet besi (fe) dengan kejadian pada anemia pada ibu hamil di UPT Puskesmas Noeboba.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif, dengan pendekatan *Cross Sectional*, pengambilan sampel menggunakan teknik *purposive sampling*, dengan jumlah sampel sebanyak 30 orang ibu hamil di UPT Puskesmas Noeboba Tahun 2025. Uji yang digunakan dalam penelitian ini adalah *Chi-Square*

Hasil : Masih ada ibu hamil di UPT Pusesmas Noeboba yang tidak patuh mengkonsumsi tabler besi (37%). Kejadian anemia di UPT Puskesmas Noeboba hampir sebagian besar (53%). Berdasarkan hasil uji statistik *Chi-Square* didapatkan adanya hubungan antara kepatuhan mengkonsumsi tablet zat besi dengan kejadian anemia pada ibu hamil di UPT Puskesmas Noeboba dengan *P-value* < 0,001.

Kata Kunci : Kepatuhan Ibu Hamil Konsumsi Tablet Besi (fe), Kejadian Anemia.

**RELATIONSHIP BETWEEN COMPLIANCE IN CONSUMPTION OF
IRON TABLETS (FE) WITH THE INCIDENCE OF ANEMIA IN
PREGNANT WOMEN AT UPT PUSKESMAS NOEBEBA**

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ABSTRACT

Background: Anemia in pregnancy is often referred to as “potential danger to mother and child”. Anemia in pregnancy is a global health problem that affects almost 50% of pregnant women in the world. The high number of cases of anemia in pregnant women is an indicator of poor health. The cause of anemia in pregnant women is a lack of iron in the body, caused by inadequate intake and iron needs that cannot be met from food elements. Consumption of iron (fe) tablets is the right solution. Compliance with consumption of iron (fe) tablets is one of the factors that can cause the high incidence of anemia in pregnant women, where pregnant women who are not compliant in consuming iron (fe) tablets will be at greater risk of anemia. Data obtained from the UPT Noebeba Health Center, South Central Timor Regency in 2023 showed that the number of pregnant women was 199 people, of which 22 were anemic. This study aims to determine the relationship between consumption of iron (Fe) tablets and the incidence of anemia in pregnant women at the UPT Noebeba Health Center.

Research Method: This research is a quantitative research, with a Cross Sectional approach, sampling using purposive sampling technique, with a sample size of 30 pregnant women at the UPT Puskesmas Noebeba in 2025. The test used in this study is Chi-Square

Results: There are still pregnant women at the UPT Puskesmas Noebeba who are not compliant in consuming iron tablets (37%). The incidence of anemia at the UPT Puskesmas Noebeba is almost the majority (53%). Based on the results of the Chi-Square statistical test, it was found that there was a relationship between compliance in consuming iron tablets and the incidence of anemia in pregnant women at the UPT Puskesmas Noebeba with a P-value <0.001.

Keywords: Compliance of Pregnant Women in Consuming Iron Tablets (fe), Incidence of Anemi