

ABSTRAK
HUBUNGAN PENGETAHUAN DENGAN SIKAP IBU Hamil TENTANG
PENTINGNYA MENGGONSUMSI TABLET TAMBAH DARAH DI UPT
PUSKESMAS BINAUS, KECAMATAN MOLLO TENGAH KABUPATEN TTS

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Latar belakang : Anemia defisiensi besi pada ibu dapat mempengaruhi pertumbuhan dan perkembangan janin saat kehamilan maupun setelahnya. Salah satu upaya pencegahan adalah konsumsi minimal 90 tablet tambah darah selama kehamilan. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dengan sikap ibu hamil tentang pentingnya mengonsumsi tablet tambah darah di UPT Puskesmas Binaus, Kecamatan Mollo Tengah Kabupaten TTS.

Metode : Penelitian ini menggunakan desain penelitian *Analitik korelasi* dengan pendekatan *cross secsional*. Dengan *teknik Purposive samping* didapatkan sampel sebanyak 51 responden, variabel pengetahuan dengan sikap ibu hamil tentang mengonsumsi tablet tambah darah menggunakan kuesioner. Digunakan uji statistik *chi- Square* untuk mengetahui hubungan kedua variabel.

Hasil : Hasil penelitian ini menunjukkan sebagian besar ibu hamil memiliki pengetahuan yang baik tentang pentingnya mengonsumsi tablet tambah darah yaitu 30 responden (58,8%), dan ibu hamil memiliki sikap positif terhadap konsumsi tablet tambah darah, yaitu 38 responden (74,5%). uji statistik *chi- Square* dengan hasil $p = 0,000 < 0,05$, sehingga H_0 ditolak dan H_1 diterima. Dengan nilai *correlation coefficient* 0,701, hubungan ini masuk dalam kategori hubungan kuat (rentang korelasi 0,60-0,799). Yang berarti ada hubungan pengetahuan dengan sikap ibu hamil tentang pentingnya mengonsumsi tablet tambah darah di UPT Puskesmas Binaus.

Pembahasan: Hasil ini mengindikasikan bahwa semakin tinggi pengetahuan ibu hamil, semakin baik sikap dalam mengonsumsi tablet tambah darah. Maka perlunya peningkatan edukasi oleh petugas kesehatan untuk memperkuat sikap positif ibu hamil terhadap konsumsi tablet tambah darah secara rutin.

Kesimpulan : Terdapat hubungan antara pengetahuan dengan sikap ibu hamil tentang konsumsi tablet tambah darah di UPT Puskesmas Binaus

Kata Kunci : Pengetahuan, Sikap, Tablet tambah darah

ABSTRACT

RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE OF PREGNANT WOMEN ABOUT THE IMPORTANCE OF CONSUMING BLOOD ENHANCEMENT TABLETS AT UPT PUSKESMAS BINAUS, MOLLO DISTRICT, CENTRAL, TTS REGENCY

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Background: Iron deficiency anemia in pregnant women can affect fetal growth and development during pregnancy as well as after birth. One preventive effort is the consumption of at least 90 iron supplement tablets during pregnancy. This study aims to determine the relationship between knowledge and attitudes of pregnant women regarding the importance of consuming iron supplement tablets at UPT Puskesmas Binaus, Mollo Tengah District, South Central Timor Regency.

Methods: This research used a correlational analytic design with a cross-sectional approach. The sampling technique was purposive sampling, resulting in a total of 51 respondents. The variables of knowledge and attitude toward iron tablet consumption were measured using a questionnaire. The Chi-Square test was employed to analyze the relationship between the two variables.

Results: The results showed that the majority of pregnant women had good knowledge about the importance of consuming iron supplement tablets, with 30 respondents (58.8%) demonstrating good knowledge, and 38 respondents (74.5%) showing a positive attitude. The Chi-Square statistical test showed a p-value of 0.000 (< 0.05), indicating that H_0 is rejected and H_1 is accepted. With a correlation coefficient value of 0.701, the relationship is categorized as strong (correlation range: 0.60–0.799). This means there is a significant relationship between knowledge and the attitude of pregnant women toward iron supplement consumption at UPT Puskesmas Binaus.

Discussion: These findings indicate that the higher the knowledge of pregnant women, the better their attitude towards consuming iron supplement tablets. Therefore, health workers need to intensify education to strengthen the positive attitude of pregnant women in regularly consuming iron supplement tablets.

Conclusion: There is a significant relationship between knowledge and the attitude of pregnant women regarding the consumption of iron supplement tablets at UPT Puskesmas Binaus.

Keywords: Knowledge, Attitude, Iron tablets