

ABSTRAK

HUBUNGAN POLA MAKAN DAN KEPATUHAN KONSUMSI TABLET ZAT BESI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI PERSADA HOSPITAL

Anemia pada ibu hamil masih menjadi masalah kesehatan yang berdampak pada ibu maupun janin. Penelitian ini bertujuan menganalisis hubungan pola makan dan kepatuhan konsumsi tablet zat besi dengan kejadian anemia pada ibu hamil di Persada Hospital. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional* pada 52 ibu hamil trimester III yang dipilih melalui *purposive sampling*. Data dikumpulkan menggunakan kuesioner pola makan, kuesioner kepatuhan konsumsi tablet Fe, serta hasil pemeriksaan kadar hemoglobin dari buku KIA atau rekam medis. Analisis menggunakan uji Chi-Square.

Hasil penelitian menunjukkan bahwa sebanyak 30 responden (57,7%) memiliki pola makan kurang baik, sedangkan 22 responden (42,3%) memiliki pola makan baik. Sebanyak 28 responden (53,8%) tidak patuh mengonsumsi tablet zat besi, dan 24 responden (46,2%) termasuk kategori patuh. Kejadian anemia ditemukan pada 21 responden (40,4%) dengan kadar Hb <11 g/dL.

Uji statistik menunjukkan adanya hubungan signifikan antara pola makan dengan kejadian anemia ($p = 0,012$), di mana 70,0% ibu dengan pola makan kurang mengalami anemia. Kepatuhan konsumsi tablet zat besi juga berhubungan signifikan dengan kejadian anemia ($p = 0,008$), dengan 67,9% ibu yang tidak patuh mengalami anemia.

Penelitian ini menegaskan bahwa pola makan dan kepatuhan konsumsi tablet zat besi berperan penting dalam mencegah anemia pada ibu hamil. Peningkatan edukasi gizi, pendampingan konsumsi TTD, serta konseling kehamilan menjadi langkah strategis untuk menurunkan prevalensi anemia di fasilitas pelayanan kesehatan.

Kata kunci: Anemia, ibu hamil, kepatuhan, pola makan, tablet zat besi

ABSTRACT

THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND COMPLIANCE WITH IRON TABLET CONSUMPTION AND THE INCIDENCE OF ANEMIA AMONG PREGNANT WOMEN AT PERSADA HOSPITAL

Anemia during pregnancy remains a health problem that affects both the mother and the fetus. This study aims to analyze the relationship between dietary patterns and compliance with iron tablet consumption and the incidence of anemia among pregnant women at Persada Hospital. The research employed a quantitative design with a cross-sectional approach involving 52 third-trimester pregnant women selected using purposive sampling. Data were collected using a dietary pattern questionnaire, an iron tablet compliance questionnaire, and hemoglobin measurements obtained from maternal and child health (KIA) books or medical records. Data analysis was performed using the Chi-Square test.

The results showed that 30 respondents (57.7%) had poor dietary patterns, while 22 respondents (42.3%) had good dietary patterns. A total of 28 respondents (53.8%) were non-compliant in consuming iron tablets, and 24 respondents (46.2%) were categorized as compliant. The incidence of anemia was found in 21 respondents (40.4%) with hemoglobin levels <11 g/dL.

Statistical analysis indicated a significant relationship between dietary patterns and anemia ($p = 0.012$), with 70.0% of mothers with poor dietary patterns experiencing anemia. Compliance with iron tablet consumption was also significantly associated with anemia ($p = 0.008$), with 67.9% of non-compliant mothers experiencing anemia.

This study highlights the crucial role of dietary patterns and iron tablet compliance in preventing anemia among pregnant women. Strengthening nutrition education, enhancing adherence to iron supplementation, and improving antenatal counseling are strategic efforts to reduce anemia prevalence in healthcare settings.

Keywords: *Anemia, compliance, dietary patterns, iron tablets, pregnant women*