

# Hubungan Kepatuhan Konsumsi Tablet Fe Dan Kunjungan Antenatal Care Dengan Kejadian Anemia Pada Ibu Hamil Di Puskesmas Ulunambo Tahun 2025

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## ABSTRAK

**Latar Belakang :** Berdasarkan SKI 2023 Prevalensi anemia pada ibu hamil di Indonesia adalah 27,7%, yang tersebar pada beberapa kelompok umur ibu hamil, umur 15-24 sebesar 14,6%, umur 23-34 sebesar 31,4% umur 35-44 sebesar 39,6% dan umur 45-54 sebesar 2,4. Data laporan Puskesmas Ulunambo tahun 2023 menunjukkan bahwa 22 ibu hamil mengalami anemia, sedangkan pada tahun 2024 jumlah ibu hamil yang mengalami anemia meningkat menjadi 32 orang. Tujuan penelitian Untuk menganalisis Hubungan kepatuhan konsumsi tablet Fe dan kunjungan antenatal care Dengan kejadian anemia pada ibu hamil Di wilayah Puskesmas Ulunambo.

**Metode penelitian :** Penelitian ini termasuk dalam penelitian Kuantitatif. Desain penelitian ini adalah Observasional Analitik.dengan pendekatan crossectional. Sampel penelitian yaitu sebagian Ibu Hamil Trimester III Di wilayah Puskesmas Ulunambo Tahun 2025 (33 orang). Pengambilan sampel dengan teknik Purposive Sampling. Instrumen menggunakan kuesioner.Variabel independen penelitian ini yaitu kepatuhan konsumsi tablet fe dan kunjungan antenatal care, sedangkan variabel dependen penelitian ini yaitu kejadian anemia. Analisis statistik menggunakan Uji Chi-square.

**Hasil penelitian :** Sebagian besar kepatuhan konsumsi tablet Fe ibu hamil dalam kategori tidak patuh sebanyak 54.5%. Sebagian besar kunjungan antenatal care ibu hamil dalam kategori Sesuai Standar sebanyak 54.5 %. Sebagian besar ibu hamil dalam kategori tidak anemia sebanyak 60.6%. Ada Hubungan kepatuhan konsumsi tablet Fe dengan kejadian anemia pada ibu hamil dengan nilai p-value sebesar 0,005. Ada hubungan kunjungan antenatal care dengan kejadian anemia pada ibu hamil dengan nilai p-value sebesar 0,003

**Kesimpulan :** Kepatuhan konsumsi tablet fe dan kunjungan antenatal care berhubungan dengan kejadian anemia pada ibu hamil di Puskesmas Ulunambo tahun 2025.

**Kata Kunci :** *antenatal care, anemia, ibu hamil, trimesster III, tablet Fe,*

# The Relationship Between Compliance with Iron Tablet Consumption and Antenatal Care Visits with the Incidence of Anemia in Pregnant Women at Ulunambo Community Health Center in 2025

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## ABSTRAK

**Background:** Based on the 2023 SKI, the prevalence of anemia in pregnant women in Indonesia is 27.7%, which is spread across several age groups of pregnant women, ages 15-24 by 14.6%, ages 23-34 by 31.4%, ages 35-44 by 39.6% and ages 45-54 by 2.4. Data from the Ulunambo Health Center report in 2023 showed that 22 pregnant women experienced anemia, while in 2024 the number of pregnant women experiencing anemia increased to 32 people. The aim of the study was to analyze the relationship between compliance with Fe tablet consumption and antenatal care visits with the incidence of anemia in pregnant women in the Ulunambo Community Health Center area.

**Research method:** This research is a quantitative research. The research design is analytical observational with a cross-sectional approach. The research sample was 33 pregnant women in their third trimester in the Ulunambo Community Health Center in 2025. The sampling technique used was purposive sampling. The instrument uses a questionnaire. The independent variables of this study were compliance with iron tablet consumption and antenatal care visits, while the dependent variable of this study was the incidence of anemia. Statistical analysis using the Chi-square test.

**Research results:** The majority of pregnant women's compliance with iron tablet consumption was categorized as non-compliant (54.5%). The majority of antenatal care visits were categorized as meeting standards (54.5%). The majority of pregnant women were categorized as not anemic (60.6%). There was a correlation between compliance with iron tablet consumption and the incidence of anemia in pregnant women with a p-value of 0.005. There was a correlation between antenatal care visits and the incidence of anemia in pregnant women with a p-value of 0.003.

**Conclusion:** Compliance with iron tablet consumption and antenatal care visits are associated with the incidence of anemia in pregnant women at Ulunambo Community Health Center in 2025.

**Keywords :** *antenatal care, anemia, pregnant women, Fe tablets, trimester III*