

## ABSTRAK

### HUBUNGAN PENGETAHUAN DENGAN KEPATUHAN IBU HAMILDALAM MENGGONSUMSI MULTIPLE MIKRONUTRIEN SUPPLEMENT (MMS) DI PUSKESMAS BADAS KABUPATEN KEDIRI

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Pemberian Multiple Micronutrient Supplement (MMS) merupakan salah satu intervensi penting untuk mendukung kesehatan ibu hamil dan mencegah berbagai komplikasi kehamilan. Namun, keberhasilan program MMS sangat dipengaruhi oleh tingkat kepatuhan konsumsi suplemen, yang pada gilirannya dipengaruhi oleh pengetahuan ibu hamil mengenai manfaat, cara minum, dan pentingnya MMS. Rendahnya kepatuhan menjadi tantangan di lapangan, sehingga penelitian ini bertujuan untuk menganalisis hubungan pengetahuan dengan kepatuhan ibu hamil dalam mengonsumsi MMS di Puskesmas Badas Kabupaten Kediri.

Penelitian ini menggunakan desain kuantitatif non-eksperimen dengan pendekatan cross-sectional. Populasi adalah seluruh ibu hamil trimester II dan III yang memeriksakan kehamilannya di Puskesmas Badas sebanyak 57 responden, seluruhnya diambil sebagai sampel menggunakan teknik Aksidental Sampling. Data dikumpulkan menggunakan kuesioner pengetahuan dan kepatuhan konsumsi MMS, kemudian dianalisis menggunakan uji Chi-Square dengan  $\alpha = 0,05$ .

Hasil penelitian menunjukkan bahwa 66,7% ibu hamil memiliki pengetahuan baik, sedangkan 33,3% berpengetahuan kurang. Kepatuhan dalam konsumsi MMS menunjukkan bahwa 40,35% ibu hamil tidak patuh, dengan alasan dominan lupa dan mual setelah mengonsumsi MMS. Uji Chi-Square menunjukkan  $p = 0,000 (<0,05)$  yang berarti terdapat hubungan signifikan antara pengetahuan dengan kepatuhan konsumsi MMS. Ibu hamil dengan pengetahuan baik cenderung lebih patuh dibandingkan ibu dengan pengetahuan kurang.

Kesimpulannya, pengetahuan berperan penting dalam menentukan kepatuhan ibu hamil dalam mengonsumsi MMS. Diperlukan edukasi yang berkesinambungan, penguatan motivasi, penggunaan pengingat (reminder), serta pelibatan keluarga untuk meningkatkan kepatuhan konsumsi MMS secara optimal.

**Kata kunci: Pengetahuan, Kepatuhan, Ibu hamil, MMS**

## ABSTRACT

### THE RELATIONSHIP BETWEEN KNOWLEDGE AND COMPLIANCE OF PREGNANT WOMEN IN CONSUMING MULTIPLE MICRONUTRIENT SUPPLEMENTS (MMS) AT BADAS HEALTH CENTER, KEDIRI REGENCY

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The administration of Multiple Micronutrient Supplements (MMS) is a crucial intervention to support maternal health and prevent various pregnancy complications. However, the success of the MMS program is highly dependent on the level of supplement adherence, which is in turn influenced by pregnant women's knowledge regarding the benefits, proper consumption, and importance of MMS. Low adherence poses a significant challenge in the field; therefore, this study aims to analyze the relationship between knowledge and adherence to MMS consumption among pregnant women at the Puskesmas Badas in Kediri Regency.

This study employed a non-experimental quantitative design with a cross-sectional approach. The population consisted of all second and third-trimester pregnant women receiving prenatal care at Puskesmas Badas, totaling 57 respondents. All were selected as the sample using a accidental sampling technique. Data were collected using questionnaires on knowledge and MMS consumption adherence, and subsequently analyzed using the Chi-Square test with a significance level of  $\alpha = 0.05$ .

The results indicated that 66.7% of the pregnant women had good knowledge, while 33.3% had poor knowledge. Adherence to MMS consumption showed that 40.35% of pregnant women were non-adherent, with the primary reasons being forgetfulness and nausea after taking the supplement. The Chi-Square test yielded a p-value of 0.000 ( $<0.05$ ), indicating a significant relationship between knowledge and adherence to MMS consumption. Pregnant women with good knowledge were more likely to be adherent than those with poor knowledge.

In conclusion, knowledge plays a crucial role in determining pregnant women's adherence to MMS consumption. Continuous education, motivational reinforcement, the use of reminders, and family involvement are necessary to optimally improve adherence to MMS consumption.

**Keywords: Knowledge, Adherence, Pregnant women, MMS.**