

# **HUBUNGAN KEPATUHAN PASIEN DALAM MENGKONSUMSI TABLET FE TERHADAP KADAR HEMOGLOBIN IBU HAMIL DI PUSKESMAS**

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## **ABSTRAK**

Anemia pada ibu hamil merupakan salah satu masalah kesehatan yang dapat meningkatkan risiko komplikasi kehamilan, termasuk persalinan prematur dan bayi berat lahir rendah. Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan ibu hamil dalam mengkonsumsi tablet tambah darah (Fe) dengan kadar hemoglobin (Hb) di Puskesmas Garuda Bandung. Penelitian menggunakan metode kuantitatif dengan pendekatan *cross-sectional* dan melibatkan 50 responden yang dipilih secara purposiv sampling. Kepatuhan diukur menggunakan kuesioner MMAS-8, sementara data kadar Hb diperoleh dari rekam medis. Analisis data dilakukan menggunakan uji korelasi spearman. Hasil penelitian menunjukkan 38% ibu hamil memiliki kepatuhan tinggi, 36% sedang, dan 26% rendah. sebanyak 78% responden memiliki kadar Hb normal (11-14 g/dL), 10% kadar Hb tinggi (>14 g/dL), dan 12% mengalami anemia (<11 g/dL). Hasil uji statistik menunjukkan tidak terdapat hubungan yang signifikan antara kepatuhan konsumsi tablet Fe dan kadar haemoglobin ( $p = 0,997$ ;  $r = -0,001$ ).

**Kata kunci:** Kehamilan, Anemia, Kepatuhan, Tablet Fe

# **THE RELATIONSHIP BETWEEN PATIENT COMPLIANCE IN TAKING IRON TABLETS AND HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT THE COMMUNITY HEALTH CENTER**

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## **ABSTRACT**

Anemia in pregnant women is a health issue that can increase the risk of pregnancy complications, including preterm labor and low birth weight infants. This study aims to determine the relationship between pregnant women's adherence to iron tablet (Fe) consumption and hemoglobin (Hb) levels at Garuda Public Health Center, Bandung. A quantitative study with a cross-sectional design was conducted involving 50 pregnant women selected through purposive sampling. Adherence was measured using the MMAS-8 questionnaire, and Hb levels were obtained from medical records. Data were analyzed using the Spearman correlation test. Results showed that 38% of respondents had high adherence, 36% moderate, and 26% low. In terms of hemoglobin levels, 78% had normal Hb (11–14 g/dL), 10% had high Hb (>14 g/dL), and 12% were anemic (<11 g/dL). Statistical analysis revealed no significant relationship between adherence to Fe consumption and hemoglobin levels ( $p = 0.997$ ;  $r = -0.001$ ).

**Keywords:** Pregnant Women, Anemia, Adherence, Iron Tablets