

**HUBUNGAN KEPATUHAN KONSUMSI TABLET FE DENGAN KEJADIAN
ANEMIA PADA IBU HAMIL TRIMESTER III DI PUSKESMAS
CICALENGKA KABUPATEN BANDUNG TAHUN 2024**

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ABSTRAK

Anemia merupakan salah satu penyebab terjadinya perdarahan ketika melahirkan. Adaptasi fisiologis ibu hamil dalam sistem kardiovaskuler adalah dengan bertambahnya plasma akan mengakibatkan anemia, dikarenakan tubuh akan meningkatkan kebutuhan energi ketika ibu hamil, energi dalam tubuh diikat oleh hemoglobin, pemerintah menganjurkan ibu hamil untuk diberikan suplemen berupa tablet Fe, oleh karena itu perlu diperlukannya pengukuran antara kepatuhan dan kejadian anemia. Tujuan penelitian ini adalah untuk mengetahui hubungan antara kepatuhan konsumsi Tablet Fe dengan kejadian anemia. Metode penelitian adalah kuantitatif dengan pendekatan *cross sectional*, dimana sampel berjumlah 84 orang total sampling ibu hamil trimester III, analisa univariat dalam penelitian ini menggunakan distribusi frekuensi, dan untuk bivariat menggunakan *coefisien corelation*. Hasil penelitian didapatkan terdapat hubungan antara kepatuhan ibu hamil dalam mengkonsumsi tablet Fe dengan kejadian anemia. Analisa penelitian didapatkan setengah responden mempunyai kategori tidak patuh dalam mengkonsumsi tablet Fe sebanyak 50%, sebagian besar responden mempunyai kategori tidak anemia sebesar 59,5%, dengan nilai r tabel $0,636 > 0,5$ yang dapat diartikan terdapat hubungan antara kepatuhan konsumsi tablet Fe dengan kejadian anemia ibu hamil trimester III. Pertanyaan nomer 5 mempunyai skor terendah dengan total skor 39. Hasil penelitian didapatkan bahwa ibu hamil trimester III mempunyai kadar Hb terendah yang bernilai 7,8 dimana hal tersebut masuk kedalam kategori anemia sedang. Peneliti menyarankan kepada pihak puskesmas untuk terus melakukan pendidikan kesehatan ibu hamil terkait anemia.

Kata kunci : Anemia, Ibu hamil, kepatuhan

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**RELATIONSHIP OF COMPLIANCE WITH FE TABLET CONSUMPTION AND
THE INCIDENT OF ANEMIA IN PREGNANT WOMEN IN THE III
TRIMESTER AT THE CICALENGKA HEALTH CENTER, BANDUNG
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ABSTRACT

One of the causes of AKI/IMR is anemia, the physiological condition of pregnant women in the cardiovascular system is with an increase in plasma, this increase in plasma will result in anemia, because the body will increase energy needs, energy in the body is limited by hemoglobin, so if the body is not given nutrition in the form of iron, the hemoglobin level in the body will decrease, the government recommends that pregnant women be given supplements in the form of Fe tablets considering that anemia can be prevented by consuming Fe tablets for 90 tablets/day, therefore it is necessary to measure the relationship between compliance and the incidence of anemia. The aim of this study was to determine the relationship between adequate consumption of Fe tablets and the incidence of anemia. Method is quantitative with a core sectional approach, where the sample consisted of 84 pregnant women in the third trimester. Univariate analysis in this study used a frequency distribution, and for bivariate it used a correlation coefficient. Results obtained showed a relationship between the compliance of pregnant women in consuming Fe tablets and the incidence of anemia. Analysis obtained that half of the respondents were in the category of not consuming Fe tablets as much as 50%, most of the respondents were in the category of not being anemic at 59.5%, and there was a direct relationship with the correlation coefficient1 value which could mean that if respondents complied with consuming Fe tablets then this would not happen. anemia, on the other hand, if the respondent does not comply with taking Fe tablets, there is a risk of anemia. Question number 5 has the lowest score with a total score of 39. The research results showed that pregnant women in the third trimester had the lowest Hb levels of 7.8, which is included in the moderate anemia category.

Key word : Anemia, Pregnant mother, obedience

Bibliography : 3 books (2017-2019)

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