

ABSTRAK

Irene Y. Sihaloho, NIM 5193540038. “ Hubungan Kepatuhan Ibu Hamil dalam Mengonsumsi Tablet Tambah Darah dengan Kejadian Anemia Di Kecamatan Muara Kabupaten Tapanuli Utara”. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024

Anemia merupakan keadaan dimana konsentrasi hemoglobin (Hb) yang berada pada sel darah merah, lebih rendah dari batas seharusnya. Anemia dapat mempengaruhi kehamilan dan persalinan karena dapat meningkatkan emosional pada ibu hamil, serta dapat berbahaya pada kehamilan, anemia dapat meningkatkan kejadian postpartum dan depresi pada ibu, ketuban pecah dini, serta berat badan lahir rendah. Tujuan dari penelitian ini untuk mengetahui: (1) Karakteristik responden, pendidikan suami, pekerjaan suami, pendapatan suami, dan besaran keluarga; (2) Tingkat kepatuhan ibu hamil dalam mengonsumsi tablet Fe; (3) Kejadian anemia pada ibu hamil; (4) Hubungan kepatuhan ibu hamil dalam mengonsumsi tablet Fe dengan kejadian anemia di Kecamatan Muara.

Penelitian dilaksanakan di Kecamatan Muara Kabupaten Tapanuli Utara. Teknik pemilihan sampel menggunakan teknik acak sederhana (*simple random sampling*) dengan jumlah sampel sebanyak 35 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data kepatuhan mengonsumsi tablet tambah darah menggunakan kuesioner dan pemeriksaan anemia pada ibu hamil dengan menggunakan *Bloodtest (Quick Check)*. Teknik analisis data menggunakan uji *Rank Spearman*.

Hasil penelitian menunjukkan bahwa tingkat kepatuhan ibu hamil dalam mengonsumsi tablet tambah darah termasuk dalam kategori tidak patuh 54,3 persen, ibu hamil dengan kategori anemia sebesar 65,7 persen. Hasil uji *Rank Spearman* terdapat hubungan positif dan searah antara kepatuhan konsumsi tablet tambah darah dengan kejadian anemia pada ibu hamil dengan nilai koefisien korelasi sebesar 0,666 ($p\text{-value} = 0,000$) artinya semakin rendah tingkat kepatuhan konsumsi tablet tambah darah pada ibu hamil maka semakin tinggi kejadian anemia, maka terdapat hubungan antara kepatuhan konsumsi tablet tambah darah dengan kejadian anemia di Kecamatan Muara Kabupaten Tapanuli Utara.

Kata Kunci: Kepatuhan, tablet Fe, Anemia

ABSTRACT

Irene Y. Sihaloho, NIM 5193540038. "*The Relationship between Pregnant Women's Compliance in Consuming Iron Supplement Tablets and the Incidence of Anemia in Muara District, North Tapanuli Regency*". Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2024

Anemia is a condition where the concentration of hemoglobin (Hb) in red blood cells is lower than the normal limit. Anemia can affect pregnancy and childbirth because it can increase emotions in pregnant women, and can be dangerous during pregnancy, anemia can increase the incidence of postpartum and depression in mothers, premature rupture of membranes, and low birth weight. The purpose of this study was to determine: (1) Characteristics of respondents, husband's education, husband's occupation, husband's income, and family size; (2) Level of compliance of pregnant women in consuming Fe tablets; (3) The incidence of anemia in pregnant women; (4) The relationship between compliance of pregnant women in consuming Fe tablets and the incidence of anemia in Muara District.

The study was conducted in Muara District, North Tapanuli Regency. The sample selection technique used a simple random sampling technique with a sample size of 35 people. The research design was cross-sectional. The data collection technique for compliance in consuming iron tablets used a questionnaire and anemia examination in pregnant women using Bloodtest (Quick Check). The data analysis technique used the Spearman Rank test.

The results of the study showed that the level of compliance of pregnant women in consuming iron tablets was included in the category of non-compliance 54.3 percent, pregnant women with anemia category of 65.7 percent. The results of the Spearman Rank test showed a positive and unidirectional relationship between compliance with iron tablet consumption and the incidence of anemia in pregnant women with a correlation coefficient value of 0.666 ($p\text{-value} = 0.000$) meaning that the lower the level of compliance with iron tablet consumption in pregnant women, the higher the incidence of anemia, so there is a relationship between compliance with iron tablet consumption and the incidence of anemia in Muara District, North Tapanuli Regency.

Keywords: Compliance, Iron tablets, Anemia