

# **HUBUNGAN DUKUNGAN SUAMI DENGAN KEPATUHAN KONSUMSI TABLET Fe PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS CIKELET GARUT**

## **ABSTRAK**

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Anemia yang sering dijumpai dalam kehamilan adalah anemia karena kekurangan zat besi (fe). Salah satu upaya untuk pencegahan dan pengobatan anemia adalah dengan konsumsi zat besi yang banyak terkandung dalam Tablet Fe. Perilaku ibu dalam mengkonsumsi zat besi tersebut dapat disebabkan oleh beberapa faktor salah satunya adalah dukungan suami. Data di UPTD Puskesmas Cikelet pada tahun 2025 kasus anemia sebesar 14,0 % dari 327 ibu hamil, cakupan pemberian TTD 95% namun cakupan kepatuhan mencapai 61,5%. Penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dengan kepatuhan konsumsi tablet Fe pada ibu hamil di Wilayah Kerja Puskesmas Cikelet Garut. Jenis penelitian adalah kuantitatif yaitu data yang diperoleh, dianalisis berupa angka atau jumlah. Penelitian menggunakan deskriptif korelasi dengan pendekatan *cross sectional*. Sampel adalah ibu hamil nifas bulan Juni 2026 berjumlah 59 orang. Instrumen menggunakan kuesioner kemudian data dianalisis dengan uji *chi square* dengan derajat kepercayaan 0,05. Hasil penelitian dukungan suami pada ibu hamil termasuk mendukung (64.4%). Kepatuhan konsumsi tablet Fe pada ibu hamil termasuk patuh (71.2%). Terdapat hubungan dukungan suami dengan kepatuhan konsumsi tablet Fe pada ibu hamil dengan *p value* 0,008. Kesimpulannya adalah bahwa dukungan suami berhubungan dengan kepatuhan ibu hamil dalam konsumsi tablet Fe. Oleh karena itu, sebaiknya ibu hamil dapat meningkatkan pengetahuan mengenai tablet Fe melalui konsultasi kepada petugas kesehatan secara teratur dan mandiri sehingga ibu memiliki motivasi untuk mengkonsumsi tablet Fe

Kata Kunci : Dukungan suami, konsumsi tablet Fe, Ibu hamil

**THE RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND  
COMPLIANCE WITH IRON (Fe) TABLET CONSUMPTION AMONG  
PREGNANT WOMEN IN THE CIKELET GARUT COMMUNITY  
HEALTH CENTER WORKING AREA**

**ABSTRACT**

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*Iron deficiency anemia is a common type of anemia encountered during pregnancy. One strategy for preventing and treating anemia is the consumption of iron, which is abundant in Iron (Fe) tablets. A pregnant woman's behavior regarding the consumption of these iron tablets can be influenced by several factors, one of which is husband's support. Data from the Cikelet Community Health Center (UPTD Puskesmas) in 2025 showed an anemia prevalence of 14.0% among 327 pregnant women; while the coverage of iron tablet distribution was 95%, the compliance rate was 61.5%. This study aimed to determine the relationship between husband's support and compliance with iron tablet consumption among pregnant women in the Cikelet Garut Community Health Center working area. This was a quantitative study, meaning the data obtained and analyzed were in the form of numbers or quantities. A descriptive-correlational design with a cross-sectional approach was employed. The sample consisted of 59 pregnant women (data collected in June 2026). A questionnaire was used as the research instrument, and data were analyzed using the Chi-square test with a significance level of 0.05. The results showed that the husband's support for the pregnant women was categorized as supportive (64.4%), and compliance with iron tablet consumption was categorized as compliant (71.2%). A relationship was found between husband's support and compliance with iron tablet consumption among pregnant women ( $p$ -value = 0.008). In conclusion, husband's support is associated with pregnant women's compliance in consuming iron tablets. Therefore, pregnant women are encouraged to increase their knowledge regarding iron tablets through regular consultations with health workers and independent learning, thereby fostering the motivation to consume the tablets.*

*Keywords: Husband's support, iron (Fe) tablet consumption, pregnant women*