

**HUBUNGAN PENDAMPINGAN KADER DENGAN KEPATUHAN
KONSUMSI *MULTIPLE MICRONUTRIENT SUPPLEMENTATION*
(MMS) PADA IBU HAMIL DI PUSKESMAS TAMBAKSARI
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ABSTRAK

Kekurangan zat gizi mikro pada ibu hamil masih menjadi masalah kesehatan yang ditandai dengan tingginya angka anemia, sehingga pemerintah mengembangkan program Multiple Micronutrient Supplementation (MMS) untuk meningkatkan status gizi ibu dan mendukung pertumbuhan janin. Namun, keberhasilan program MMS sangat bergantung pada kepatuhan ibu hamil dalam mengonsumsinya, sehingga pendampingan kader kesehatan diperlukan sebagai upaya edukasi, motivasi, dan pemantauan untuk meningkatkan kepatuhan konsumsi MMS.

Penelitian ini bertujuan untuk mengetahui hubungan pendampingan kader dengan kepatuhan konsumsi *multiple micronutrient supplementation* (MMS) pada Ibu Hamil di Puskesmas Tambaksari Tahun 2026.

Penelitian ini menggunakan penelitian kuantitatif dengan desain *analitik korelational* pendekatan *retrospektif*. Teknik pengambilan sampel menggunakan *Purposive Sampling* sehingga jumlah sampel sebanyak 30 responden.

Hasil penelitian menunjukkan bahwa sebagian besar ibu hamil mendapatkan pendampingan kader dalam konsumsi Multiple Micronutrient Supplementation (MMS) (60,0%) dan patuh mengonsumsi MMS (53,33%). Hasil uji Chi-Square menunjukkan terdapat hubungan signifikan antara pendampingan kader dengan kepatuhan konsumsi Multiple Micronutrient Supplementation (MMS) pada ibu hamil di Puskesmas Tambaksari Tahun 2026 ($p\text{-value} = 0,004 < 0,05$).

Saran bagi pelayanan kesehatan diharapkan dapat meningkatkan peran serta pendampingan kader kepada ibu hamil melalui edukasi, pemantauan, dan motivasi secara berkelanjutan agar kepatuhan konsumsi MMS semakin meningkat. Ibu hamil juga diharapkan lebih aktif memanfaatkan pendampingan kader dan mengonsumsi MMS secara teratur sesuai anjuran tenaga kesehatan untuk mendukung kesehatan ibu dan janin.

Kata Kunci: Ibu Hamil, Kepatuhan Konsumsi MMS, Multiple Micronutrient Supplementation (MMS), Pendampingan Kader.

**THE RELATIONSHIP BETWEEN CADRE ASSISTANCE AND
COMPLIANCE WITH MULTIPLE MICRONUTRIENT
SUPPLEMENTATION (MMS) CONSUMPTION
AMONG PREGNANT WOMEN AT
TAMBAKSARI COMMUNITY
HEALTH CENTER IN 2026**

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ABSTRACT

Micronutrient deficiency among pregnant women remains a public health problem, as indicated by the high prevalence of anemia. Therefore, the government has developed the Multiple Micronutrient Supplementation (MMS) program to improve maternal nutritional status and support fetal growth. However, the success of the MMS program largely depends on pregnant women's adherence to consuming the supplements. Thus, health cadre assistance is needed as a strategy for education, motivation, and monitoring to improve compliance with MMS consumption.

This study aimed to determine the relationship between cadre assistance and compliance with Multiple Micronutrient Supplementation (MMS) consumption among pregnant women at Tambaksari Community Health Center in 2026.

This study employed a quantitative research method with a correlational analytic design using a retrospektif. The sampling technique used was purposive sampling, resulting in a total sample of 30 respondents.

The results showed that most pregnant women received cadre assistance in consuming Multiple Micronutrient Supplementation (MMS) (60.0%) and were compliant with MMS consumption (53.33%). The Chi-Square test results indicated a significant relationship between cadre assistance and compliance with Multiple Micronutrient Supplementation (MMS) consumption among pregnant women at Tambaksari Community Health Center in 2026 ($p\text{-value} = 0.004 < 0.05$).

It is recommended that healthcare services strengthen the role of health cadres in assisting pregnant women through continuous education, monitoring, and motivation to improve compliance with MMS consumption. Pregnant women are also encouraged to actively utilize cadre assistance and consume MMS regularly according to healthcare providers' recommendations to support maternal and fetal health.

Keywords: *Pregnant Women, MMS Consumption Compliance, Multiple Micronutrient Supplementation (MMS), Cadre Assistance.*