

**HUBUNGAN PERSEPSI IBU HAMIL TENTANG EFEK SAMPING
TABLET FE DENGAN MINAT MENGONSUMSI TABLET FE DI
WILAYAH KERJA PUSKESMAS JATIWARAS KABUPATEN
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ABSTRAK

Latar Belakang: Anemia pada kehamilan masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Pemberian tablet Fe merupakan salah satu upaya pencegahan, namun persepsi terhadap efek samping seperti mual, konstipasi, dan gangguan lambung diduga memengaruhi minat ibu hamil untuk mengonsumsinya. **Tujuan:** Penelitian ini bertujuan mengetahui hubungan antara persepsi ibu hamil tentang efek samping tablet Fe dengan minat mengonsumsi tablet Fe di wilayah kerja Puskesmas Jatiwaras Kabupaten Tasikmalaya Tahun 2026. **Metode:** Penelitian kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Populasi berjumlah 55 ibu hamil dengan teknik *total sampling*. Data dikumpulkan menggunakan kuesioner skala Likert yang telah diuji validitas dan reliabilitas. Analisis data meliputi analisis univariat dan bivariat menggunakan uji Spearman Rank pada tingkat signifikansi 95% ($\alpha=0,05$). **Hasil:** Hasil penilitan sebagian besar responden memiliki persepsi efek samping tablet Fe kategori cukup sebanyak 37 orang (67,3%), sedangkan seluruh responden memiliki minat mengonsumsi tablet Fe kategori tinggi sebanyak 55 orang (100%). Hasil uji Spearman Rank menunjukkan nilai $r = -0,222$ dengan $p = 0,104$ ($p>0,05$), sehingga tidak terdapat hubungan yang signifikan antara persepsi efek samping tablet Fe dengan minat mengonsumsi tablet Fe. **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara persepsi ibu hamil tentang efek samping tablet Fe dengan minat mengonsumsi tablet Fe di wilayah kerja Puskesmas Jatiwaras Kabupaten Tasikmalaya.

Kata kunci: efek samping, ibu hamil, minat, persepsi, tablet Fe

**THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S
PERCEPTIONS OF IRON TABLET SIDE EFFECTS AND THEIR
INTEREST IN CONSUMING IRON TABLETS AT THE JATIWARAS
COMMUNITY HEALTH CENTER, TASIKMALAYA REGENCY, 2026**

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ABSTRACT

Background: Anemia during pregnancy remains a public health problem that increases the risk of maternal and fetal complications. Iron tablet supplementation is a key preventive strategy; however, perceptions of side effects such as nausea, constipation, and gastric discomfort may affect pregnant women's interest in consuming iron tablets. **Objective:** To determine the relationship between pregnant women's perceptions of iron tablet side effects and their interest in consuming iron tablets at the Jatiwaras Community Health Center, Tasikmalaya Regency, in 2026. **Methods:** This quantitative study used a descriptive correlational design with a cross-sectional approach. The population consisted of 55 pregnant women selected using total sampling. Data were collected using validated and reliable Likert-scale questionnaires. Univariate and bivariate analyses were performed using the Spearman Rank correlation test at a 95% confidence level ($\alpha=0.05$). **Results:** Most respondents had a moderate perception of iron tablet side effects (37 respondents; 67.3%), while all respondents (55 respondents; 100%) had a high level of interest in consuming iron tablets. The Spearman Rank test showed $r = -0.222$ with $p = 0.104$ ($p > 0.05$), indicating no significant relationship between perceptions of iron tablet side effects and interest in consuming iron tablets. **Conclusion:** There was no significant relationship between pregnant women's perceptions of iron tablet side effects and their interest in consuming iron tablets at the Jatiwaras Community Health Center, Tasikmalaya Regency.

Keywords: perception, side effects, iron tablets, interest, pregnant women.