

# HUBUNGAN HUBUNGAN MOTIVASI INTERNAL DENGAN KEPATUHAN KONSUMSI TABLET FE PADA IBU HAMIL DI WILAYAH KERJA KLINIK MAHESA MEDICAL CENTER KABUPATEN GARUT

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## ABSTRAK

Anemia pada ibu hamil merupakan salah satu masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Salah satu upaya pencegahan anemia adalah meningkatkan kepatuhan ibu hamil dalam mengonsumsi Tablet Tambah Darah (Tablet Fe), yang salah satunya dipengaruhi oleh motivasi internal. Penelitian ini bertujuan untuk mengetahui hubungan motivasi internal dengan kepatuhan konsumsi Tablet Fe pada ibu hamil di Wilayah Kerja Klinik Mahesa Medical Center Kabupaten Garut. Penelitian ini menggunakan metode kuantitatif dengan desain analitik korelasional dan pendekatan *cross sectional*. Populasi penelitian berjumlah 78 ibu hamil dengan sampel sebanyak 30 responden yang dipilih menggunakan teknik *accidental sampling*. Pengumpulan data menggunakan kuesioner motivasi internal dan kuesioner kepatuhan konsumsi Tablet Fe yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa 17 responden (56,7%) memiliki motivasi internal tinggi dan 18 responden (60,0%) patuh mengonsumsi Tablet Fe. Hasil uji *Chi-Square* diperoleh *p-value* 0,000 ( $p < 0,05$ ), sehingga terdapat hubungan yang signifikan antara motivasi internal dengan kepatuhan konsumsi Tablet Fe. Disarankan tenaga kesehatan meningkatkan edukasi, konseling, dan motivasi kepada ibu hamil untuk meningkatkan kepatuhan konsumsi Tablet Fe sebagai upaya pencegahan anemia.

**Kata kunci:** anemia, ibu hamil, kepatuhan, motivasi internal, Tablet Fe.

***THE RELATIONSHIP BETWEEN INTERNAL MOTIVATION AND  
COMPLIANCE WITH IRON (Fe) TABLET CONSUMPTION AMONG  
PREGNANT WOMEN IN THE WORKING AREA OF MAHESA MEDICAL  
CENTER CLINIC GARUT***

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***ABSTARCT***

Anemia in pregnant women is one of the health problems that may increase the risk of complications for both mothers and fetuses. One effort to prevent anemia is to improve pregnant women's adherence to consuming Iron Tablets (Fe tablets), which is influenced by various factors, including internal motivation. This study aimed to determine the relationship between internal motivation and adherence to Fe tablet consumption among pregnant women in the Working Area of Mahesa Medical Center Clinic, Garut Regency. This study employed a quantitative method with a correlational analytical design and a cross-sectional approach. The study population consisted of 78 pregnant women, with a sample of 30 respondents selected using accidental sampling. Data were collected using internal motivation and Fe tablet consumption adherence questionnaires that had been tested for validity and reliability. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. The results showed that 17 respondents (56.7%) had high internal motivation, while 18 respondents (60.0%) were adherent to Fe tablet consumption. The Chi-Square test resulted in a p-value of 0.000 ( $p < 0.05$ ), indicating a significant relationship between internal motivation and adherence to Fe tablet consumption. Health workers are recommended to improve education, counseling, and motivation for pregnant women to increase adherence to Fe tablet consumption as an effort to prevent anemia.

***Keywords:*** *anemia, pregnant women, adherence, internal motivation, iron supplement tablets (Fe tablets).*