

HUBUNGAN TINGKAT PENGETAHUAN IBU HAMIL TENTANG ANEMIA DENGAN KEPATUHAN KONSUMSI TABLET FE DI PUSKESMAS LANGKAPLANCAR

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Abstrak

Anemia pada ibu hamil masih menjadi masalah kesehatan masyarakat yang signifikan di Indonesia, dengan prevalensi 48,9% (Riskesdas 2018) dan 33,06% di Kabupaten Pangandaran pada tahun 2023. Program pemberian tablet Fe melalui pelayanan Antenatal Care (ANC) telah dijalankan pemerintah, namun keberhasilannya sangat dipengaruhi oleh kepatuhan ibu hamil, yang diduga berkaitan dengan tingkat pengetahuan mereka tentang anemia. Penelitian ini bertujuan mengetahui hubungan antara tingkat pengetahuan ibu hamil tentang anemia dengan kepatuhan konsumsi tablet Fe di Puskesmas Langkaplancar. Penelitian menggunakan metode kuantitatif dengan desain analitik korelasional dan pendekatan cross-sectional. Sampel berjumlah 95 responden dari populasi ibu hamil yang melakukan kunjungan ANC, dipilih dengan teknik purposive sampling. Data dikumpulkan menggunakan kuesioner pengetahuan (23 item) dan kepatuhan konsumsi tablet Fe (6 item), lalu dianalisis secara univariat dan bivariat (uji Chi-Square). Hasil menunjukkan sebagian besar responden berpengetahuan baik (55,8%; n=53), cukup (33,7%; n=32), dan kurang (10,5%; n=10). Sebanyak 69,5% (n=66) responden patuh mengonsumsi tablet Fe, sedangkan 30,5% (n=29) tidak patuh. Proporsi kepatuhan meningkat seiring peningkatan pengetahuan: 40,0% pada kelompok kurang, 62,5% pada kelompok cukup, dan 79,2% pada kelompok baik. Uji Chi-Square menunjukkan $\chi^2 = 7,216$; $df = 2$; $p = 0,027$ ($p < 0,05$), menandakan hubungan yang signifikan antara kedua variabel. Terdapat hubungan signifikan antara tingkat pengetahuan ibu hamil tentang anemia dengan kepatuhan konsumsi tablet Fe di Puskesmas Langkaplancar. Ibu hamil berpengetahuan lebih baik cenderung lebih patuh mengonsumsi tablet Fe. Disarankan integrasi edukasi kelompok (kelas ibu hamil) dan konseling individual pada setiap kunjungan ANC guna meningkatkan kepatuhan.

Kata kunci: Anemia, Ibu Hamil, Kepatuhan, Pengetahuan, Tablet Fe

**THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE
LEVEL ABOUT ANEMIA AND ADHERENCE TO IRON (FE) TABLET
CONSUMPTION AT PUSKESMAS LANGKAPLANCAR**

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Abstract

Anemia in pregnant women remains a significant public health problem in Indonesia, with a national prevalence of 48.9% (Riskesdas 2018) and 33.06% recorded in Pangandaran Regency in 2023. The government has implemented an iron (Fe) tablet supplementation program through Antenatal Care (ANC) services, yet its success largely depends on maternal adherence, which is thought to be associated with the mother's level of knowledge about anemia. This study aimed to determine the relationship between pregnant women's knowledge level about anemia and their adherence to Fe tablet consumption at Puskesmas Langkaplancar. This study used a quantitative correlational analytic design with a cross-sectional approach. A sample of 95 respondents was selected from pregnant women attending ANC visits using purposive sampling. Data were collected using a 23-item knowledge questionnaire and a 6-item adherence questionnaire, then analyzed using univariate and bivariate (Chi-Square) analysis. Results showed that most respondents had good (55.8%; n=53), fair (33.7%; n=32), and poor (10.5%; n=10) knowledge levels. A total of 69.5% (n=66) of respondents were adherent to Fe tablet consumption, while 30.5% (n=29) were non-adherent. Adherence proportion increased with knowledge level: 40.0% among the poor-knowledge group, 62.5% among the fair-knowledge group, and 79.2% among the good-knowledge group. The Chi-Square test yielded $\chi^2 = 7.216$; $df = 2$; $p = 0.027$ ($p < 0.05$), indicating a statistically significant relationship between the two variables. There is a significant relationship between pregnant women's knowledge level about anemia and their adherence to Fe tablet consumption at Puskesmas Langkaplancar. Pregnant women with better knowledge tend to be more adherent. It is recommended that group education (pregnant women's classes) be integrated with individual counseling at every ANC visit to improve adherence.

Keywords: *Adherence, Anemia, Iron (Fe) Tablet, Knowledge, Pregnant Women*