

**HUBUNGAN PENGETAHUAN IBU HAMIL TENTANG ANEMIA
DENGAN KEPATUHAN KONSUMSI *MULTIPLE
MICRONUTRIEN SUPPLEMEN* (MMS) DI
PUSKESMAS TAMBAKSARI
TAHUN 2026**

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ABSTRAK

Anemia masih menjadi masalah pada kehamilan yang dapat berdampak pada kesehatan ibu dan janin. Studi pendahuluan di Puskesmas Tambaksari menemukan adanya ibu hamil yang belum teratur mengonsumsi *Multiple Micronutrient Supplement* (MMS), sementara data tahun 2025 mencatat 30 dari 70 ibu hamil mengalami anemia, terutama pada trimester I dan III.

Penelitian ini dilakukan untuk menganalisis hubungan pengetahuan ibu hamil tentang anemia dengan kepatuhan konsumsi *Multiple Micronutrient Supplement* (MMS) di Puskesmas Tambaksari Tahun 2026.

Penelitian menggunakan metode kuantitatif analitik korelasional dengan pendekatan *cross-sectional*. Seluruh populasi yang berjumlah 70 ibu hamil dijadikan sampel melalui total sampling. Data diperoleh menggunakan kuesioner dan dianalisis dengan uji Chi-Square.

Hasil menunjukkan 45,71% responden memiliki pengetahuan baik dan 55,71% patuh mengonsumsi MMS. Analisis statistik memperoleh p-value = 0,001 ($<0,05$), sehingga terdapat hubungan yang signifikan antara pengetahuan tentang anemia dengan kepatuhan konsumsi MMS.

Disimpulkan bahwa pengetahuan ibu hamil tentang anemia berhubungan dengan kepatuhan konsumsi *Multiple Micronutrient Supplement* (MMS). Peningkatan edukasi mengenai anemia dan pentingnya konsumsi MMS selama kehamilan diharapkan dapat meningkatkan kepatuhan ibu hamil dalam mengonsumsi MMS.

Kata Kunci: Anemia, Ibu Hamil, *Multiple Micronutrient Supplement* (MMS), Pengetahuan.

**THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE
OF ANEMIA AND COMPLIANCE WITH MULTIPLE MICRONUTRIENT
SUPPLEMENT (MMS) CONSUMPTION AT TAMBAKSARI PUBLIC
HEALTH CENTER IN 2026**

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ABSTRACT

Anemia remains a common problem during pregnancy and may affect both maternal and fetal health. A preliminary study at Tambaksari Community Health Center found that some pregnant women did not regularly consume Multiple Micronutrient Supplements (MMS). Meanwhile, data from 2025 showed that 30 out of 70 pregnant women experienced anemia, particularly during the first and third trimesters.

This study aimed to analyze the relationship between pregnant women's knowledge of anemia and their adherence to Multiple Micronutrient Supplement (MMS) consumption at Tambaksari Community Health Center in 2026.

A quantitative correlational analytical method with a cross-sectional approach was used. The entire population of 70 pregnant women was included as the sample using total sampling. Data were collected through questionnaires and analyzed using the Chi-Square test.

The results showed that 45.71% of respondents had good knowledge of anemia, while 55.71% were adherent to MMS consumption. Statistical analysis resulted in a p-value of 0.001 (<0.05), indicating a significant relationship between knowledge of anemia and adherence to MMS consumption.

It was concluded that pregnant women's knowledge of anemia is associated with their adherence to Multiple Micronutrient Supplement (MMS) consumption. Improving education regarding anemia and the importance of MMS supplementation during pregnancy is expected to increase adherence among pregnant women.

Keywords: Anemia, Pregnant Women, Multiple Micronutrient Supplement (MMS), Knowledge.