

**HUBUNGAN KEPATUHAN KONSUMSI MULTIPLE MICRONUTRIENT
SUPPLEMENT (MMS) DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI
WILAYAH KERJA PUSKESMAS CIAMIS TAHUN 2026**

**RAHMI SAKINAH
1520125207**

ABSTRAK

Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi ibu dan bayi. Salah satu upaya pencegahan anemia adalah melalui konsumsi Multiple Micronutrient Supplement (MMS). Namun, keberhasilan suplementasi sangat dipengaruhi oleh kepatuhan ibu hamil dalam mengonsumsi MMS. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan konsumsi Multiple Micronutrient Supplement (MMS) dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Ciamis Tahun 2026. Penelitian ini menggunakan desain analitik observasional dengan pendekatan cross sectional. Sampel penelitian berjumlah 62 ibu hamil yang dipilih menggunakan teknik total sampling. Data kepatuhan konsumsi MMS diperoleh melalui catatan konsumsi suplemen, sedangkan kejadian anemia berdasarkan pemeriksaan kadar hemoglobin. Analisis data menggunakan uji Chi-Square dengan alternatif Fisher's Exact Test. Hasil penelitian menunjukkan bahwa sebagian besar ibu hamil patuh mengonsumsi MMS sebanyak 43 responden (69,4%), sedangkan tidak patuh sebanyak 19 responden (30,6%). Sebagian besar ibu hamil tidak mengalami anemia sebanyak 49 responden (79,0%), sedangkan yang mengalami anemia sebanyak 13 responden (21,0%). Hasil Fisher's Exact Test menunjukkan nilai p-value <0,001 ($p < 0,05$), sehingga terdapat hubungan yang signifikan antara kepatuhan konsumsi MMS dengan kejadian anemia pada ibu hamil. Terdapat hubungan yang signifikan antara kepatuhan konsumsi MMS dengan kejadian anemia. Ibu hamil yang patuh mengonsumsi MMS (≥ 90 tablet) sebanyak 43 responden (100%) seluruhnya tidak mengalami anemia, sedangkan pada kelompok tidak patuh (< 90 tablet), sebanyak 13 responden (68,4%) mengalami anemia. Kepatuhan konsumsi MMS merupakan faktor penting dalam pencegahan anemia pada ibu hamil.

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

THE RELATIONSHIP BETWEEN COMPLIANCE WITH MULTIPLE MICRONUTRIENT SUPPLEMENT (MMS) CONSUMPTION AND ANEMIA INCIDENCE AMONG PREGNANT WOMEN IN THE WORKING AREA OF CIAMIS PUBLIC HEALTH CENTER IN 2026

RAHMI SAKINAH
1520125207

ABSTRACT

Anemia during pregnancy remains a significant health problem that may increase the risk of maternal and neonatal complications. One of the prevention strategies is the consumption of Multiple Micronutrient Supplement (MMS). However, the effectiveness of supplementation is highly influenced by pregnant women's compliance. This study aimed to determine the relationship between compliance with Multiple Micronutrient Supplement (MMS) consumption and anemia incidence among pregnant women in the working area of Ciamis Public Health Center in 2026. This study used an observational analytic design with a cross-sectional approach. The sample consisted of 62 pregnant women selected using total sampling. MMS compliance data were obtained from supplement consumption records, while anemia status was determined based on hemoglobin examination. Data were analyzed using the Chi-Square test with Fisher's Exact Test as an alternative analysis. The results showed that 43 pregnant women (69.4%) were compliant with MMS consumption (≥ 90 tablets), while 19 respondents (30.6%) were non-compliant (< 90 tablets). Most respondents did not experience anemia, namely 49 respondents (79.0%), while 13 respondents (21.0%) experienced anemia. Fisher's Exact Test showed a p -value < 0.001 ($p < 0.05$), indicating a significant relationship between MMS consumption compliance and anemia incidence among pregnant women. There was a significant relationship between MMS consumption compliance and anemia incidence. All pregnant women who were compliant with MMS consumption (43 respondents; 100%) did not experience anemia, while among non-compliant respondents, 13 respondents (68.4%) experienced anemia. Compliance with MMS consumption plays an important role in preventing anemia during pregnancy.

Keywords: *Anemia, Compliance, Multiple Micronutrient Supplement (MMS), Pregnant Women*