

## INTISARI

**Latar Belakang:** Kehamilan pada usia remaja (< 20 tahun) berisiko tinggi mengalami anemia. Salah satu cara mencegah anemia defisiensi besi adalah patuh mengonsumsi tablet besi. Kepatuhan konsumsi tablet besi dapat dipengaruhi oleh sikap dan motivasi. Oleh karena itu perlu diketahui gambaran sikap, motivasi, dan kepatuhan ibu hamil remaja dalam mengonsumsi tablet besi pada masa pandemi COVID-19.

**Tujuan Penelitian:** Mengetahui gambaran sikap, motivasi, dan kepatuhan ibu hamil remaja dalam mengonsumsi tablet besi pada masa pandemi COVID-19.

**Metode:** Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross-sectional* pada 31 ibu hamil remaja di 5 puskesmas di Gunungkidul pada 24 Februari – 2 Maret 2023. Instrumen yang digunakan yakni kusioner sikap, motivasi, dan MMAS-8 yang telah valid dan reliabel. Analisis data dilakukan secara univariat.

**Hasil:** Seluruh responden memiliki sikap positif dan motivasi tinggi dalam mengonsumsi tablet besi. Namun ada hal yang perlu ditekankan yaitu perbaikan pola makan ibu hamil remaja, cara mengonsumsi tablet besi, serta pengetahuan yang dimiliki oleh responden kurang mendorong mereka untuk mengonsumsi tablet besi. Sebagian besar responden (67,7%) tidak patuh dalam mengonsumsi tablet besi dengan alasan paling banyak yaitu lupa mengonsumsi tablet besi.

**Kesimpulan:** Seluruh responden memiliki sikap positif dan motivasi tinggi dalam mengonsumsi tablet besi. Namun, sebagian besar responden tidak patuh mengonsumsi tablet besi. Tenaga kesehatan dan kader kesehatan diharapkan lebih memperhatikan dan memonitor kepatuhan ibu hamil remaja dalam mengonsumsi tablet besi serta lebih meningkatkan pemberian informasi kepada ibu hamil remaja terkait anemia dalam kehamilan dan konsumsi tablet besi.

**Kata kunci:** Ibu hamil remaja, kepatuhan, motivasi, sikap, tablet besi

## ABSTRACT

**Background:** Pregnancy at a young age (<20 years) has a high risk of anemia. One way to prevent iron deficiency anemia is to stick of taking iron tablets. Compliance with consumption of iron tablets can be influenced by attitudes and motivation. Therefore, it is necessary to know the description of attitudes, motivation, and adherence of teenage pregnant women on taking iron tablets during the COVID-19 pandemic.

**Objective:** Knowing the description of attitudes, motivation, and compliance of teenage pregnant women on taking iron tablets during the COVID-19 pandemic.

**Method:** This research is a descriptive study with a cross-sectional approach on 31 teenage pregnant women at 5 puskesmas in Gunungkidul on February 24 - March 2, 2023. The instruments used were attitude, motivation, and MMAS-8 questionnaires which were valid and reliable. The data analysis was performed univariately.

**Result:** All respondents had a positive attitude and high motivation on taking iron tablets. However, there are things that need to be emphasized, namely improving the diet of teenage pregnant women, how to take iron tablets, and the knowledge possessed by respondents does not encourage them to take iron tablets. Most of the respondents (67,7%) were disobedient in taking iron tablets with the most common reason being forgetting to take iron tablets.

**Conclusion:** All respondents have a positive attitude and high motivation on taking iron tablets. However, most of the respondents did not adhere to taking iron tablets. Health workers and health cadres are expected to pay more attention to and monitor the compliance of teenage pregnant women in consuming iron tablets and to increase the provision of information to teenage pregnant women regarding anemia in pregnancy and consumption of iron tablets.

**Keyword:** Attitude, compliance, iron tablets, motivation, teenage pregnant women