

ABSTRAK

Prevalensi kadar hemoglobin rendah pada ibu hamil masih cukup tinggi di Indonesia yaitu sebesar 37,1%, diatas nilai ambang batas masalah gizi dengan prevalensi 20%. Kadar hemoglobin rendah pada ibu hamil membawa akibat komplikasi yang berisiko tinggi untuk terjadinya keguguran, perdarahan, BBLR, dan atonia uteri. Faktor penyebab kadar hemoglobin rendah ibu hamil adalah kurang asupan gizi, kurang zat besi, kepatuhan konsumsi tablet besi, dan rendahnya pengetahuan tentang konsumsi tablet besi. Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan ibu hamil trimester III dalam mengonsumsi tablet besi dengan kadar hemoglobin.

Metode penelitian dengan menggunakan desain *cross sectional*. Pengambilan sampel menggunakan *purposive sampling* dengan besar sampel adalah 40 ibu hamil trimester III. Alat pengumpulan data berupa kuesioner kepatuhan mengonsumsi tablet besi dari *Morisky Medication Adherence Scale* (MMAS-8). Analisis data menggunakan uji *Chi-Square*.

Hasil penelitian menunjukkan bahwa dari 40 responden yaitu 52,5% ibu hamil trimester III tidak patuh mengonsumsi tablet besi dan 55% mengalami kadar hemoglobin rendah. Terdapat hubungan yang signifikan antara kepatuhan ibu hamil trimester III dalam mengonsumsi tablet besi dengan kadar hemoglobin dengan $p\ value = 0,005$, OR = 6,933 dan 95% interval konfidensinya yaitu 1,719-27,957.

Kata kunci : kepatuhan konsumsi tablet besi, kadar hemoglobin

Abstract

The prevalence of low hemoglobin levels in pregnant women is still quite high in Indonesia, which is 37,1%, above the threshold value of nutritional problems with prevalence 20%. Low hemoglobin levels in pregnant women result some complications that are high risk for miscarriage, bleeding, low birth weight, and uterine atony. The factors causing low hemoglobin levels of pregnant women are lack of nutrient intake, lack of iron intake, iron tablet consumption compliance, and lack of knowledge about iron tablet consumption. This study aimed to determine the relationship between maternal compliance in third trimester in consuming iron tablets with hemoglobin levels.

Research method used cross sectional design. Sampling methods used purposive sampling with sample size were 40 pregnant women in third trimester. Data collection was using form of compliance questionnaire consumes iron tablet from Morisky Medication Adherence Scale (MMAS-8). The data was analyzed using Chi-Square test.

The results showed that from 40 respondents (52,5%) pregnant women in third trimester did not adhere to consume iron tablets and 55% pregnant women in third trimester had low hemoglobin levels. There is a significant relation exists between compliance pregnant women of third trimester in consume iron tablet with hemoglobin level with p value = 0,005, OR = 6,933 and 95% of intervals confidencency 1,719-27,957.

Keywords: *compliance consumes of iron tablets, hemoglobin levels*