

## ABSTRAK

Anemia merupakan salah satu penyebab terbesar Angka Kematian Ibu (AKI) yang terjadi karena perubahan hematologi berupa peningkatan 45% volume plasma darah, peningkatan 25% massa *eritrosit*, *trombositopenia*, koagulasi, dan peningkatan kebutuhan *eritropoiesis*. Hasil Riset Kesehatan Dasar tahun 2018 terdapat 48,9% ibu hamil mengalami anemia. Faktor penyebab anemia kehamilan adalah kurang asupan gizi, kurang zat besi, dan kurangnya pengetahuan tentang konsumsi tablet besi. Dampak anemia pada masa kehamilan adalah keguguran, kelahiran *premature*, atonia uteri. Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan ibu hamil trimester III dalam mengkonsumsi tablet besi dengan kadar hemoglobin.

Penelitian ini menggunakan desain *cross sectional*. Pengambilan sampel menggunakan total sampling dengan besar sampel 40 ibu hamil trimester III. Alat pengumpulan data berupa lembar *dummy table*. Analisis data menggunakan uji *Chi-Square*.

Hasil penelitian menunjukkan bahwa dari 40 ibu hamil trimester III yaitu 47,5% tidak patuh dan 95% memiliki kadar hemoglobin rendah. Uji statistik menunjukkan *p-value*  $0,219 > 0,05$  yang memiliki arti tidak terdapat hubungan yang signifikan antara kepatuhan ibu hamil trimester III dalam mengkonsumsi tablet besi dengan kadar hemoglobin.

**Kata Kunci:** kepatuhan konsumsi tablet besi, kadar hemoglobin

## **ABSTRACT**

Anemia is one of the biggest causes of Maternal Mortality Rate (MMR) which occurs due to hematological changes in the form of a 45% increase in blood plasma volume, a 25% increase in erythrocyte mass, thrombocytopenia, coagulation, and an increased need for erythropoiesis. The results of Basic Health Research in 2018 showed that 48.9% of pregnant women had anemia. Factors that cause anemia in pregnancy are lack of nutritional intake, lack of iron, and lack of knowledge about consumption of iron tablets. The impact of anemia during pregnancy is miscarriage, premature birth, uterine atony. This study aims to determine the relationship between the compliance of third trimester pregnant women in consuming iron tablets with hemoglobin levels.

This study used a cross sectional design. Sampling method using total sampling with sample size of 40 pregnant women in third III. The data collection was using form of a dummy table sheet. The data was analyzed using Chi-Square test.

The results showed that from 40 pregnant women in third III, 47.5% were non-adherent and 95% had low hemoglobin levels. Chi-square statistical test shows a p-value of  $0.219 > 0.05$ , which means that there is no significant relationship between the compliance pregnant women in the third trimester of consuming iron tablets with hemoglobin levels.

**Keywords:** compliance consume of iron tablets, hemoglobin level