

HUBUNGAN KEPATUHAN MINUM TABLET FE TERHADAP KEJADIAN ANEMIA PADA IBU HAMIL DI PMB APPI AMMELIA BANTUL YOGYAKARTA

Susi Susanti¹, Sugiyono², Dewi Zolekhah³

INTISARI

Latar belakang: Berdasarkan Profil Kesehatan Pemerintah Kabupaten Bantul tahun 2018 diketahui sebesar 95,13% ibu hamil memiliki risiko tinggi mengalami anemia. Terjadinya anemia pada kehamilan dikaitkan dengan adanya perubahan fisiologi secara signifikan di mana jumlah darah akan meningkat sekitar 20-30% sehingga tubuh memerlukan peningkatan kebutuhan pasokan zat besi untuk membentuk darah. Hal tersebut dapat diatasi dengan pemberian tablet Fe, namun dalam pengatasannya masih mengalami kendala yaitu faktor kepatuhan.

Tujuan: Untuk mengetahui hubungan tingkat kepatuhan mengonsumsi tablet Fe dengan kejadian anemia pada ibu hamil trimester III di PMB Appi Ammelia Bantul, Yogyakarta.

Metode: Penelitian ini merupakan penelitian analitik dengan pendekatan *Cross Sectional*. Pengambilan sampel dilakukan dengan teknik *Purposive Sampling* dan didapatkan sampel sejumlah 30. Sampel yang digunakan adalah ibu hamil dengan umur kehamilan trimester III yang mendapatkan terapi Fe, sudah melakukan pemeriksaan kadar Hb di awal kehamilan dan memenuhi kriteria inklusi. Analisis data pada penelitian ini menggunakan analisis univariat untuk mendeskripsikan karakteristik responden yang berupa usia, tingkat pendidikan, pekerjaan, tingkat kepatuhan, serta kejadian anemia dan analisis bivariat untuk mengetahui hubungan antara tingkat kepatuhan dengan kejadian anemia.

Hasil: Dalam penelitian ini didapatkan hasil sebanyak 23 (76,67%) ibu hamil patuh mengonsumsi tablet Fe dan sebanyak 19 (63,33%) ibu hamil tidak mengalami anemia. Hasil analisis hubungan antara tingkat kepatuhan dengan kejadian anemia menunjukkan nilai $p\text{ value} = 0,000$.

Kesimpulan: Terdapat hubungan antara tingkat kepatuhan mengonsumsi tablet Fe dengan kejadian anemia pada ibu hamil trimester III di PMB Appi Ammelia Bantul, Yogyakarta.

Kata kunci: Anemia, Ibu hamil, Kepatuhan, Tablet Fe.

¹Mahasiswa Farmasi Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Farmasi Universitas Jenderal Achmad Yani Yogyakarta

³Dosen Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

COMPLIANCE RELATIONSHIP OF FE TABLET TO ANAEMIA IN PREGNANT WOMEN IN PMB APPI AMMELIA BANTUL YOGYAKARTA

Susi Susanti¹, Sugiyono², Dewi Zolekhah³

ABSTRACT

Background: Based on the Health Profile of the Bantul Regency Government in 2018, it was known that 95.13% of pregnant women had a high risk of anemia. The occurrence of anemia in pregnancy is associated with significant physiological changes in which the amount of blood will increase by about 20-30% so that the body requires an increased supply of iron to form blood. This can be overcome by giving Fe tablets, but in overcoming it there are still obstacles, namely the compliance factor.

Objective: To determine the relationship between the level of adherence to consuming Fe tablets with the incidence of anemia in third trimester pregnant women at PMB Appi Ammelia Bantul, Yogyakarta.

Methods: This research is an analytical study with a Cross Sectional approach. Sampling was carried out using purposive sampling technique and obtained a sample of 30. The samples used were pregnant women with the third trimester of pregnancy who received Fe therapy, had checked Hb levels in early pregnancy and met the inclusion criteria. Data analysis in this study used univariate analysis to describe the characteristics of respondents in the form of age, education level, occupation, level of compliance, and the incidence of anemia and bivariate analysis to determine the relationship between the level of compliance with the incidence of anemia.

Results: In this study, 23 (76.67%) pregnant women compliance to consuming Fe tablets and 19 (63.33%) pregnant women did not experience anemia. The results of the analysis of the relationship between the level of compliance with the incidence of anemia showed p value = 0.000.

Conclusion: There is a relationship between the level of compliance to consuming Fe tablets with the incidence of anemia in third trimester pregnant women at PMB Appi Ammelia Bantul, Yogyakarta.

Keywords: Anemia, Pregnant women, Compliance, Fe tablets.

¹Student of Pharmacy at University Jenderal Achmad Yani, Yogyakarta

²Lecturer of Pharmacy at University Jenderal Achmad Yani, Yogyakarta

³Lecturer of Midwifery at University Jenderal Achmad Yani, Yogyakarta