

INTISARI

EVALUASI PENGETAHUAN IBU HAMIL SETELAH DIBERIKAN KONSELING TENTANG ZAT BESI DI PUSKESMAS SRANDAKAN BANTUL

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Latar Belakang : Data Dinas Kesehatan Kabupaten Bantul tahun 2012 ibu hamil yang mendapatkan tablet besi (Fe1 dan Fe3) mencakup Fe1 sebanyak 97,03% dan Fe3 sebanyak 89,49%. Tidak semua ibu hamil yang mendapat tablet zat besi meminumnya secara rutin. Hal ini bisa disebabkan karena faktor ketidaktahuan pentingnya zat besi untuk kehamilannya. Faktor ketidaktahuan ibu hamil tentang pentingnya tablet Fe dapat diatasi dengan pemberian konseling.

Tujuan Penelitian : Untuk mengetahui gambaran pengetahuan tentang zat besi pada ibu hamil yang sudah diberikan konseling tentang zat besi di Puskesmas Srandakan Bantul.

Metode Penelitian : Jenis penelitian deskriptif. Sampel diambil dengan teknik *Purposive Sampling*, sehingga diperoleh jumlah sampel sebanyak 42 ibu hamil TM II dan TM III. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan distribusi frekuensi relatif atau prosentase.

Hasil Penelitian : Pengetahuan ibu hamil tentang pengertian zat besi mayoritas baik (71,4%). Pengetahuan tentang manfaat zat besi mayoritas baik (54,8%). Pengetahuan tentang sumber zat besi mayoritas cukup (42,9%). Pengetahuan tentang pengaruh zat besi mayoritas baik (42,9%). Pengetahuan tentang kebutuhan zat besi mayoritas baik (52,4%). Pengetahuan tentang absorpsi zat besi mayoritas baik (54,8%). Secara keseluruhan pengetahuan ibu hamil setelah diberikan konseling tentang zat besi di Puskesmas Srandakan Bantul adalah kategori baik (40,5%).

Kesimpulan : Pengetahuan ibu hamil setelah diberikan konseling tentang zat besi di Puskesmas Srandakan Bantul kategori baik. Bidan hendaknya menyediakan waktu yang lebih lama dalam memberikan konseling kepada ibu hamil sehingga ibu dapat lebih memperdalam pengetahuannya tentang zat besi.

Kata Kunci : Pengetahuan, zat besi, ibu hamil

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ABSTRACT

EVALUATION OF PREGNANT MOTHERS' KNOWLEDGE AFTER COUNSELING ABOUT ZINC IN SRANDAKAN COMMUNITY HEALTH CENTER, BANTUL

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Background : Data from Health Agency of Bantul region in 2012 figured out the rate of pregnant mothers who obtained zinc tablet (Fe1 and Fe3) covering Fe1 as many as 97,03 % and Fe3 as many as 89,49 %. Not all pregnant mothers who obtaine zinc tablet have regular consumption. This is derived from the absence of knowledge about the importance of zinc for their pregnancies. The absence of knowledge about the importance of Fe tablet can be managed by providing counseling service.

Objective : To describe the evaluation of pregnant mothers' knowledge after counseling about zinc in Srandakan Community Health Center, Bantul.

Method : This was a descriptive study. Samples were selected through Purposive Sampling technique as many as 42 pregnant mothers of Second Trimester and Third Trimester. Study instrument were questionnaires and the study result was analyzed with relative frequency distribution or percentage.

Result : The knowledge of pregnant mothers about the definition of zinc was mostly good (71,4 %). The knowledge about the benefit of zinc was mostly good (54,8 %). The knowledge about the sources of zinc was mostly sufficient (42,9 %). The knowledge about the requirement of zinc was mostly good (52,4 %). The knowledge about zinc absorption was mostly good (54,8 %). The knowledge of pregnant mothers after counseling about zinc in Srandakan Community Health Center, Bantul, was in good category in general (40,5 %).

Conclusion : The knowledge of pregnant mothers after counseling about zinc in Srandakan Community Health Center, Bantul, was in good category. A midwife is expected to spare longer time for a counseling session to pregnant mothers so that the mothers can enhance their knowledge about zinc.

Keywords : Knowledge, Zinc, Pregnant Mothers.

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