

INTISARI

TINGKAT PENGETAHUAN IBU HAMIL TENTANG TABLET FE DI PUSKESMAS MERGANGSAN KOTA YOGYAKARTA

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Latar Belakang : Rata- rata AKI di Indonesia tahun 2011 tercatat mencapai 359/100.000 kelahiran hidup. Anemia salah satu penyebab terjadinya Angka Kematian Ibu (AKI). Angka anemia secara nasional untuk ibu hamil mencapai angka 63,5% pada tahun 2013. Penanganan anemia dengan pemberian suplemen tablet zat besi (Fe) yang merupakan suatu cara yang paling efektif untuk meningkatkan kadar zat besi (Fe) dalam jangka waktu yang pendek pada ibu hamil. Berdasarkan asil studi pendahuluan di Puskesmas Mergangsan Kota Yogyakarta pada bulan Januari-Maret 2015 terhadap 10 ibu hamil didapatkan 6 ibu hamil tidak mengetahui tentang manfaat tablet Fe dan memiliki kadar Hb < 11 gr/dl.

Tujuan Penelitian : Untuk mengetahui tingkat pengetahuan ibu hamil tentang tablet Fe di Puskesmas Mergangsan Kota Yogyakarta.

Metode Penelitian : Jenis penelitian yang digunakan adalah deskriptif. Teknik pengambilan sampel menggunakan teknik *total sampling* dengan jumlah sampel sebanyak 53 ibu hamil di Puskesmas Mergangsan. Pengumpulan data menggunakan kuesioner. Analisis data menggunakan *distribusi frekuensi* relatif atau *prosentase*.

Hasil Penelitian : Karakteristik menurut umur mayoritas 20-35 tahun sebanyak 43 responden (81,1%), menurut pendidikan mayoritas menengah sebanyak 29 responden (54,7), menurut pekerjaan mayoritas bekerja sebanyak 35 responden (66,0%), dan menurut paritas mayoritas multipara sebanyak 40 responden (75,5%). Tingkat pengetahuan ibu hamil tentang tablet Fe kategori baik sebanyak 25 orang (47,2%). Tingkat pengetahuan tentang pengertian tablet Fe besar adalah baik sebanyak 37 responden (69,8%). Tingkat pengetahuan tentang tujuan mengkonsumsi tablet Fe besar adalah baik sebanyak 28 responden (52,8%). Tingkat pengetahuan tentang fungsi tablet Fe besar adalah baik sebanyak 33 responden (62,3%). Tingkat pengetahuan tentang akibat kekurangan tablet Fe sebagian besar adalah kurang sebanyak 21 responden (39,6%). Tingkat pengetahuan tentang efek samping terapi tablet Fe sebagian besar adalah cukup sebanyak 27 responden (50,1%). Tingkat pengetahuan tentang dosis tablet Fe sebagian besar adalah baik sebanyak 24 responden (45,3%).

Kesimpulan : Tingkat pengetahuan ibu hamil tentang tablet Fe di Puskesmas Mergangsan Yogyakarta kategori baik.

Kata Kunci : pengetahuan, ibu hamil, tablet Fe

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ABSTRACT

THE KNOWLEDGE LEVEL OF PREGNANT MOTHERS ABOUT FE TABLET IN COMMUNITY HEALTH CENTER OF MERGANGSAN, CITY OF YOGYAKARTA

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Background : The average number of Maternal Mortality Rate in Indonesia is noted as 2011 years having achieved 359 / 100.000 live births. Anemia is one of the causal factors of Maternal Mortality. The number of anemia in pregnant mothers is nationally at the level of 63,5% in 2013. Treatment for anemia applies Fe tablets supplying which is the most effective way to increase Fe level in a short term for pregnant mothers. A preliminary study conducted in Community Health Center Mergangsan, Yogyakarta city, during January-March 2015 toward 10 pregnant mothers, identified 6 pregnant mothers who had no knowledge about the benefit of Fe tablet and possessed Hb level lower than 11 gr/dl. (Hb level < 11 gr/dl).

Objective : To find out the knowledge level of pregnant mothers about Fe tablet in Community Health Center of Mergangsan, city of Yogyakarta.

Method : The type of this research is descriptive. Sampling selection technique uses Total Sampling to samples as many as 53 pregnant mothers in Community Health Center of Mergangsan. Data is collected by using questionnaires. Data analysis uses relative frequency distribution or percentage.

Output : The characteristic based on age is mostly 20-35 years old as many as 43 respondents (81,1%), based on education is mostly high school graduates as many as 29 respondents (54,7%), based on profession is mostly workers as many as 35 respondents (66,0%), based on parity is mostly multipara as many as 40 respondents (75,5%). The knowledge level of pregnant mothers about Fe tablet is in good category as many as 25 respondents (47,2%). The knowledge level about the definition of Fe tablet is mostly good as many as 37 respondents (69,8%). The knowledge level about the purpose of consuming Fe tablets is good as many as 28 respondents (52,8%). The knowledge level about the function of Fe tablets is mostly good as many as 33 respondents (62,3%). The knowledge level about the disadvantage of Fe tablets deficiency is less sufficient as many as 21 respondents (39,6%). The knowledge level about the side effects of Fe tablets therapy is mostly sufficient as many as 27 respondents (50,1%). The knowledge level about Fe tablets dosage is mostly good as many.

Conclusion : The knowledge level of pregnant mothers about Fe tablets in Community Health Center of Mergangsa, city of Yogyakarta, is in good category.

Keywords : knowledge, pregnant mothers, Fe tablets.

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