

SIKAP IBU HAMIL TRIMESTER III DALAM MENGONSUMSI TABLET Fe DI PUSKESMAS WATES KULON PROGO TAHUN 2016

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INTISARI

Latar Belakang : Anemia defisiensi besi merupakan salah satu gangguan yang paling sering terjadi selama kehamilan. Prevalensi Anemia di Puskesmas Wates Kulon Progo pada tahun 2015 adalah 39,87%, sedangkan cakupan Fe di Puskesmas Wates sejumlah 92,1%. Kejadian Anemia yang berbanding terbalik dengan cakupan Fe tersebut, kemungkinan dapat dipengaruhi oleh sikap ibu hamil dalam mengonsumsi tablet Fe.

Tujuan Penelitian : Mengetahui sikap ibu hamil trimester III dalam mengonsumsi tablet Fe.

Metode Penelitian : Metode Penelitian *Deskriptif*. Lokasi di Puskesmas Wates Kulon Progo. Waktu dilaksanakan pada tanggal 28 Juli-3 Agustus 2016. Populasi adalah 91 orang. Sampel diambil dengan teknik *purposive sampling*, besar sampel dalam penelitian ini yaitu 48 ibu hamil yang memiliki kriteria inklusi. Variabel penelitian ini adalah sikap ibu hamil dalam mengonsumsi tablet Fe. Analisis data menggunakan analisis *univariat*.

Hasil Penelitian : Sikap ibu hamil trimester III dalam mengonsumsi tablet Fe, didapatkan hasil 25 ibu hamil trimester III dengan sikap negatif dan 23 ibu hamil trimester III yang dengan sikap positif. Sikap ibu hamil trimester III berdasarkan aspek kognitif dengan sikap negatif sebanyak 26 orang (54,2%). Sikap ibu hamil trimester III berdasarkan aspek afektif dengan sikap positif sebanyak 28 orang (58,3%). Sikap ibu hamil trimester III berdasarkan aspek konatif dengan sikap negatif sebanyak 27 orang (56,2%).

Kesimpulan : Sikap ibu hamil trimester III dalam mengonsumsi tablet Fe sebanyak 25 orang (52,1%) dengan sikap negatif. Diharapkan bagi ibu hamil agar selalu mengonsumsi tablet Fe minimal 90 tablet selama kehamilan sehingga terjadinya mencegah Anemia dan ibu lebih aktif mencari informasi serta pengetahuan tentang mengonsumsi tablet Fe.

Kata Kunci : Sikap, Ibu hamil, Konsumsi Zat besi (Fe)

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THE DESCRIPTION OF THIRD TRIMESTER EXPECTANT MOTHERS' ATTITUDE IN CONSUMING FE TABLET IN PUSKESMAS WATES, KULON PROGO YEAR 2016

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ABSTRACT

Background of Study: Iron deficiency anemia is one of the most common disorder during pregnancy. Prevalence of Anemia in Puskesmas Wates Kulon Progo in 2015 was 39.87%. While Fe Coverage in Puskesmas Wates was 92.1%. The incidence of Anemia is inversely propotional to the fe coverage, likely to be influenced by the attitude of pregnant women to consume tabltets Fe

Objective of Study: This study aims to describe the attitude of third trimester expectant mothers in consuming Fe tablet.

Research Methods: This used descriptive research methods. The locations was in Puskesmas Wates Kulon Progo. It hold on July 28 to August 3, 2016. The population was 91 people. Samples were taken by using purposive sampling, large sample in this study of 48 expectant mothers has the inclusion criteria. This research variable is the attitude of pregnant women to consume tablets Fe. Analysis of data used univariate analysis.

Results: The attitude of third trimester expectant mothers in consuming Fe tablet, showed 25 third trimester expectant mothers in negative attitude and 23 third trimester expectant mothers in positive attitude. The attitude of third trimester pregnant women based on the cognitive aspects was negative attitude about 26 mothers (54.2%). The attitude of third trimester pregnant women based on affective aspects with a positive attitude was 28 mothers (58.3%). The attitude of third trimester pregnant women based on conative aspect with negative attitudes was 27 mothers (56.2%).

Conclusion: The attitude of third trimester pregnant women in consuming Fe tablet was 25 mothers (52.1%) in negative attitude. Expected for pregnant women to consume pobud Fe tablets at least for 90 tablets during pregnancy so as to prevent the occurence of Anemia and contribute more actively seek information and knowledge about eating tablet Fe.

Keywords: Attitude, Pregnant women, Consumsing iron (Fe)

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