

Hubungan Pengetahuan Ibu Hamil Tentang Zat Besi Terhadap Sikap Ibu Dalam Mengonsumsi Zat Besi di Puskesmas Kasihan I Bantul Yogyakarta

Rusana Purynghati¹, Endah Puji Astuti²

INTISARI

Latar Belakang : Tingginya cakupan Fe tidak diikuti dengan turunya angka anemia pada ibu hamil, dikarenakan kebiasaan minum teh setelah makan dan cara pengolahan bahan makan yang salah sehingga merusak kandungan zat besi. Anemia dapat mengakibatkan *abortus*, persalinan prematur dan perdarahan *ante partum*. Di Puskesmas Kasihan I Bantul terdapat 45 kunjungan ANC di bulan Maret, 9 ibu hamil (39,1%) mengalami anemia dari 23 ibu yang melakukan pemeriksaan Hb. hal ini karena ibu tidak teratur dan salah dalam mengonsumsi zat besi.

Tujuan Penelitian : Mengetahui hubungan pengetahuan ibu hamil tentang zat besi terhadap sikap ibu dalam mengonsumsi zat besi di Puskesmas Kasihan I Bantul

Metode Penelitian : Jenis penelitian survei analitik dengan pendekatan *Cross Sectional*. sampel diambil dengan *total sampling* sebanyak 45 ibu hamil. Pengumpulan data dengan kuesioner, analisis data menggunakan *Kendall Tau*.

Hasil : pengetahuan ibu hamil tentang zat besi mayoritas cukup yaitu 27 responden (60%) dan sikap sangat baik sebanyak 25 responden (55,6%). Hasil analisa data didapat $p\text{ value } (0,003) < \alpha (0,05)$ sehingga H_0 ditolak.

SIMPULAN: Ada hubungan pengetahuan dengan sikap ibu dalam mengonsumsi zat besi di Puskesmas Kasihan I Bantul. Semakin tinggi pengetahuan responden akan semakin baik sikap dalam mengonsumsi Fe. Tenaga kesehatan perlu meningkatkan KIE tentang zat besi terutama efek samping tablet Fe.

Kata Kunci : Pengetahuan, Sikap, Zat Besi

¹ Mahasiswa DIII Kebidanan Stikes A Yani Yogyakarta

² Dosen Stikes A.Yani Yogyakarta

The Relationship Between Pregnant Woman Knowledge About Iron Towards Pregnant Woman Attitude In Consuming Iron At Puskesmas Kasihan I Bantul Yogyakarta

Rusana Purynghati³, Endah Puji Astuti⁴

ABSTRACT

Intoduction: The high consuming of iron is not followed with the decrease of anemia rate on pregnant mom, because the habit of drinking tea after eating and a wrong way in manage foods to manage iron. Anamiacan result abortion, childbirth permaturand antepartumhemorrhage. . There are 45 pregnant mom who visited Puskesmas Kasihan I Bantul on March. During that time, 23 moms underwent hemoglobin (Hb) check-up and 9 of them (39,1%) are diagnosed with anemia. this is because irregular and one of the iron consumed by the mother.

Objective: The objective of this research is to examine the relationship between pregnant mom's knowledge about iron towards mom's behavior in consuming iron at Puskesmas Kasihan I Bantul.

Method: Type of this research is analytical survey with *Cross Sectional* approach. samples were taken with total sampling as many as 45 pregnant women. data collection with questionnaires, analyze the data use *Kendall Tau*

Results: Knowledge of the majority of pregnant women about iron is sufficient of 27 respondents (60%) and a very good attitude as much as 25 respondents (55,6%). Results of data analysis obtained p value (0.003) < α (0.05) so that H_0 is rejected

Summary : There is a relationship with the attitude of knowledge mother in consuming iron in Puskesmas Kasihan I Bantul. The higher the respondents' knowledge, the better the attitude of the consuming Fe. Health professionals need to increase the KIE of iron especially the side effect tablets Fe.

Key Words : Knowledge, Attitude, Iron

³ Diploma of Midwifery Students in Stikes A.Yani Yogyakarta

⁴ Lecturer in Stikes A.Yani Yogyakarta