

KEPATUHAN IBU HAMIL TRIMESTER III DALAM MENGGONSUMSI TABLET FE DI PUSKESMAS KALIBAWANG KABUPATEN KULON PROGO

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INTISARI

Latar belakang : Anemia defisiensi besi pada ibu hamil merupakan masalah kesehatan yang dialami oleh wanita diseluruh dunia terutama dinegara berkembang. Anemia dalam kehamilan dapat dicegah dengan pemberian tablet Fe atau sering disebut tablet tambah darah. Cakupan Fe di Puskesmas Kalibawang tahun 2014 mengalami penurunan dari 92,01% (tahun 2012) menjadi 87,40% (tahun 2014), (Depkes 2014).

Tujuan Penelitian: Diketuinya kepatuhan ibu hamil dalam mengkonsumsi tablet Fe di Puskesmas Kalibawang Kabupaten Kulon Progo.

Metode Penelitian: Penelitian ini menggunakan metode *deskriptif kuantitatif* dengan pendekatan *cross sectional*. Penelitian ini menggunakan teknik pengambilan sampel secara *sequential sampling*. Sampel penelitian sebanyak 37 orang. Pengumpulan data menggunakan kuisioner. Data dianalisis dengan analisis univariat

Hasil Penelitian: Sebagian besar responden berumur 21-35 tahun, yaitu sebanyak 27 responden (73,0%), pendidikan terakhir SMA sebanyak 14 responden (37,8%). Gambaran kepatuhan ibu hamil dalam mengkonsumsi tablet Fe dengan kategori patuh, yaitu sebanyak 30 responden (81,1%) dan tidak patuh sebanyak 7 responden (18,9%).

Kesimpulan: Gambaran kepatuhan ibu hamil dalam mengkonsumsi tablet Fe di Puskesmas Kalibawang Kabupaten Kulon Progo dengan kategori patuh.

Kata Kunci : Kepatuhan, Ibu hamil, Konsumsi Tablet Fe

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THE COMPLIANCE OF EXPECTANT MOTHERS TRIMESTER III IN CONSUMING FE TABLETS AT HEALTH CENTER OF KALIBAWANG REGENCY OF KULON PROGO

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ABSTRACT

Background: Iron deficiency anemia in expectant mothers is a health problem experienced by women around the world, especially in developing countries. Anemia during pregnancy can be prevented by providing Fe tablets or often called iron tablet. Coverage of Fe in health centers of Kalibawang 2014 decreased from 92.01% (in 2012) to 87.40% (2014), (Depkes 2014).

Research Objective: Known the compliance of expectant mothers' trimester III in consuming of Fe tablets at health center of Kalibawang Regency of Kulon Progo.

Research Method: This research used quantitative descriptive method with cross sectional approach. This research used sampling technique by *sequential sampling*. Research's samples as many 37 mothers. Data was collected by questioner. Data was analyzed by univariat analysis.

Research Result: Mostly respondents was 21-35 years old, as many 27 respondents (73,0%), last education was Senior High School as many 14 respondents (37,8%). The overview of compliance of expectant mothers in consuming FE tablets was in obedient category, as many 30 respondents (81,1%) and disobedient as many 7 respondents (18,9%).

Conclusion: The overview of compliance of expectant mothers in consuming FE tablets at health center of Kalibawang Regency of Kulon Progo was in obedient category.

Keywords: Compliance, Expectant Mothers, Consumption of Fe Tablets

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