

The Relationship Between Knowledge Pregnant Mother Of Anemia With The Adherence In Consuming Fe Tablet At Puskesmas Bangetayu Semarang City

ABSTRACT

Background: Anemia in pregnancy is a condition where the level of hemoglobin in the blood is less than 12 grams / dl. Prevention of anemia one of which is taking 1 tablet of added blood every day for pregnant women at least 1 tablet during pregnancy. . Kemenkes recommends pregnant women consume iron tablets at least 90 day during pregnancy. Adherence of iron tablet consumption is very important for pregnant women. Adherence to iron supplementation is due to several factors, one of which is knowledge of disease..

Objective: The study to know the relationship between knowledge pregnant mother of anemia with the adherence in consuming fe tablet at Puskesmas Bangetayu Semarang city

Methods: This study used cross-sectional design. Samples that had been taken used a total sampling with 60 respondents. The data analysis used chi-square. Instrument was used knowledge level of anemia and adherence consuming fe pill.

Results: There was a significant relationship between knowledge level of anemia with the adherence of pregnant mother in consuming fe tablet at Puskesmas Bangetayu Semarang city (p value = 0,000).

Conclusion: Knowledge of anemia would influence adherence consumption of Fe tablet in pregnant mother at Puskesmas Bangetayu Semarang city.

Keywords: knowledge, anemia, adherence, fe tablet

ABSTRAK

Pendahuluan: Anemia pada kehamilan merupakan kondisi dimana kadar hemoglobin dalam darah kurang dari 12 gram/dl . Pencegahan Anemia salah satunya minum 1 tablet tambah darah setiap hari bagi ibu hamil minimal 1 tablet selama kehamilan. Kemenkes menganjurkan ibu hamil mengkonsumsi tablet besi minimal 90 hari selama kehamilannya. Kepatuhan konsumsi tablet besi sangat penting bagi ibu hamil. Kepatuhan mengkonsumsi suplementasi zat besi disebabkan beberapa faktor, salah satunya adalah pengetahuan terhadap penyakit **Tujuan** penelitian untuk mengetahui hubungan antara pengetahuan ibu hamil tentang anemia dengan kepatuhan mengkonsumsi tablet besi (Fe) di Puskesmas Bangetayu Kota Semarang

Metode: Desain penelitian ini adalah *cross-sectional*. Teknik sampel yang digunakan *Total sampling* dengan 60 responden. Analisis data menggunakan uji Chi Square. Instrumen yang dipakai adalah kuesioner pengetahuan tentang anemia dan kepatuhan konsumsi tablet besi (Fe)

Hasil: Terdapat hubungan signifikan antara pengetahuan ibu hamil tentang anemia dengan kepatuhan ibu mengkonsumsi tablet fe di Puskesmas Bangetayu Kota Semarang (*p value*=0,000)

Kesimpulan: Pengetahuan tentang anemia dapat mempengaruhi ibu hamil patuh dalam konsumsi tablet besi (Fe) di Puskesmas Bangetayu Kota Semarang.

Kata kunci: Pengetahuan, Anemia, Kepatuhan, Tablet besi (Fe)