

## ABSTRAK

### **Hubungan Kepatuhan Konsumsi Tablet Fe Dengan Kejadian Anemia Pada Ibu Hamil Trimester II di Wilayah Kerja Puskesmas Leting Kabupaten Kepulauan Aru**

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Anemia defisiensi zat besi pada wanita hamil merupakan problema kesehatan yang dialami oleh wanita di seluruh dunia terutama dinegara berkembang. Fenomena yang terjadi pada ibu hamil di wilayah Puskesmas Leting adalah bahwa masih banyak ibu yang mengalami anemia dalam kehamilan, salah satu penyebabnya adalah karena tidak mengkonsumsi tablet Fe secara teratur. Tujuan penelitian ini adalah untuk mengetahui hubungan kepatuhan konsumsi tablet Fe dengan kejadian anemia pada ibu hamil trimester II di Wilayah Kerja Puskesmas Leting Kabupaten Kepulauan Aru. Desain penelitian ini adalah analitik korelasi dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah semua ibu hamil trimester II di Wilayah Kerja Puskesmas Leting Kabupaten Kepulauan Aru. Jumlah ibu hamil trimester II pada bulan Juni 2022 sebanyak 42 orang. Teknik sampling menggunakan *total sampling*. Instrument penelitian ini adalah kuesioner, Hbmeter, dan lembar observasi. Analisa data menggunakan uji Spearman Rho. Hasil penelitian menunjukkan bahwa hampir setengah responden mempunyai kepatuhan konsumsi tablet Fe baik, yaitu 19 responden (45,2%), dan sebagian besar tidak anemia yaitu 24 responden (57,1%). Hasil Analisa uji Spearman Rho menunjukkan bahwa  $pvalue=0,000$  atau kurang dari 0,05 sehingga  $H_1$  diterima yang artinya ada hubungan antara kepatuhan konsumsi tablet Fe dengan kejadian anemia pada ibu hamil trimester II di Wilayah Kerja Puskesmas Leting Kabupaten Kepulauan Aru. Semakin patuh ibu hamil dalam mengkonsumsi tablet Fe, maka kejadian anemia akan semakin menurun.

**Kata Kunci: kepatuhan, tablet Fe, anemia, ibu hamil trimester II**

## **ABSTRACT**

### **Correalation between Compliance with Fe Tablet Consumption and the Incidence of Anemia in Second Trimester Pregnant Women in the Working Area of the Leting Health Center, Aru Islands Regency**

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Iron deficiency anemia in pregnant women was a health problem experienced by women throughout the world, especially in developing countries. The phenomenon that occurs in pregnant women in the Leting Health Center area was that there were still many women who experience anemia during pregnancy, one of the reasons was because they did not consume Fe tablets regularly. The purpose of this study was to determine the relationship of adherence to Fe tablet consumption with the incidence of anemia in pregnant women in the second trimester in the Working Area of the Leting Health Center, Aru Islands Regency. The design of this research was correlation analytic with cross sectional approach. The population in this study were all pregnant women in the second trimester in the Working Area of the Leting Health Center, Aru Islands Regency. The number of pregnant women in the second trimester in June 2022 was 42 people. The sampling technique used total sampling. The research instrument was a questionnaire, Hbmeter, and observation sheets. Data analysis used Spearman Rho test. The results showed that almost half of the respondents had good adherence to Fe tablet consumption, as many as 19 respondents (45.2%), and most of them were not anemic, as many as 24 respondents (57.1%). The results of the Spearman Rho test analysis showed that  $p\text{-value} = 0.000$  or less than 0.05 so that  $H_1$  was accepted, which means that there was a relationship between adherence to Fe tablet consumption and the incidence of anemia in pregnant women in the second trimester in the Working Area of the Leting Public Health Center, Aru Islands Regency. The more obedient pregnant women in consuming Fe tablets, the incidence of anemia will decrease.

**Keywords: adherence, Fe tablets, anemia, second trimester pregnant women**