

ABSTRACT

ANEMIA RELATIONSHIP WITH COMPLIANCE LEVEL OF PREGNANT WOMEN IN CONSUMING FE TABLETS

BY: DUWI SARIASIH

Pregnancy is a physiological event that requires nutritional intake, by obediently consuming Fe tablets according to sop so that anemia does not occur. The purpose of the study was to determine the level of adherence of pregnant women consuming Fe tablets to the occurrence of anemia. The research design was a correlation study, with the Fisher's Exact Test. The total population was 45 pregnant women in the second and third trimesters, a sample of 25 people with accidental sampling. The results of the study were obtained from 25 respondents, 24% of pregnant women obediently took Fe tablets, 76% of pregnant women experienced anemia. The results of the Fisher's Exact Test analysis obtained $p < 0.001 < \alpha = 0.005$, where H1 was accepted as the same as there was a relationship between compliance of pregnant women in consuming Fe tablets. The more obedient pregnant women are in consuming Fe tablets, the smaller the risk of anemia during pregnancy.

Keywords : Pregnant Women, Fe Tablets

ABSTRAK

HUBUNGAN ANEMIA DENGAN TINGKAT KEPATUHAN IBU HAMIL DALAM MENGGUNAKAN TABLET FE

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Kehamilan adalah suatu peristiwa fisiologis yang membutuhkan asupan nutrisi, dengan patuh mengkonsumsi tablet Fe sesuai sop sehingga tidak ada terjadinya anemia. Tujuan penelitian Untuk mengetahui tingkat kepatuhan ibu hamil mengkonsumsi tablet Fe mempengaruhi terjadinya anemia. Desain penelitian *study korelasi*, dengan uji *Fisher's Exact Test* jumlah *Populasi* 45 ibu hamil trimester II dan III, sampel 25 orang dengan *accidental sampling*. Hasil penelitian didapatkan dari 25 responden, 24 % ibu hamil patuh meminum tablet Fe, 76% ibu hamil mengalami anemia. Hasil analisis uji *Fisher's Exact Test* didapatkan $p 0,001 < \alpha = 0,005$, dimana H_1 diterima sama dengan ada hubungan antara kepatuhan ibu hamil dalam mengkonsumsi tablet Fe. Semakin patuh ibu hamil dalam mengkonsumsi tablet Fe maka resiko terjadi anemia saat hamil berkurang.

Kata Kunci : Ibu Hamil, Tablet Fe