

# KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA IBU HAMIL DENGAN ANEMIA DI KABUPATEN KULON PROGO DAN BANTUL

Vanessa Nisrina Nuraini<sup>1\*</sup>, Irianton Aritonang<sup>2</sup>, Rina Oktasari<sup>3</sup>

<sup>123</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tata Bumi No. 3  
Banyuraden, Gamping, Sleman, Yogyakarta, 55293

\*Email: [vanessanisrina20@gmail.com](mailto:vanessanisrina20@gmail.com)

## INTISARI

**Latar Belakang:** Prevalensi anemia pada ibu hamil di Kabupaten Kulon Progo dan Bantul sebesar 12,8% dan 16,32%. Sedangkan cakupan pemberian Tablet Tambah Darah (TTD) di Kabupaten Kulon Progo sebesar 88,86% dan Kabupaten Bantul sebesar 86,48%.

**Tujuan:** Mengetahui kepatuhan konsumsi tablet tambah darah dan karakteristik (umur, status pekerjaan, tingkat pendidikan, usia kehamilan, paritas, dan status gizi) pada ibu hamil dengan anemia

**Metode:** Jenis penelitian yang digunakan adalah observasional dengan desain penelitian *cross sectional*. Penelitian ini bersifat deskriptif dengan teknik pengambilan sampel *purposive sampling*. Lokasi Penelitian di Kabupaten Kulon Progo (Desa Sentolo, Karang Sari, Kalirejo, Gulurejo dan Sidoharjo) dan Kabupaten Bantul (Trimurti, Bangunjiwo, Argodadi, Patalan, Triharjo)

**Hasil:** Ibu hamil anemia 60% tidak patuh mengonsumsi TTD. Umur ibu hamil anemia 80% tidak berisiko. Ibu hamil anemia yang memiliki umur tidak berisiko 62,5% tidak patuh. Ibu hamil anemia 83,3% bekerja. Ibu hamil anemia yang bekerja 64% tidak patuh konsumsi TTD. Tingkat pendidikan ibu hamil anemia menengah 86,67%. Ibu hamil dengan pendidikan rendah 100% tidak patuh dan pendidikan tinggi 100% patuh konsumsi TTD. Usia kehamilan ibu hamil anemia 50% trimester III. Ibu hamil trimester I, trimester II, trimester III sebagian besar tidak patuh mengonsumsi TTD. Ibu hamil anemia dengan paritas primipara 40%. Status gizi ibu hamil anemia menurut LLA yang berisiko 50% dan yang tidak berisiko 50%. 63,6% ibu hamil anemia KEK tidak patuh mengonsumsi TTD.

**Kesimpulan:** Sebagian besar ibu hamil anemia tidak patuh mengonsumsi TTD. Sebagian besar ibu hamil dengan anemia mempunyai umur tidak berisiko, bekerja, tingkat pendidikan menengah, usia kehamilan trimester III dan paritas primipara.

**Kata Kunci:** Ibu hamil, Anemia, Karakteristik, Kepatuhan, Tablet Tambah Darah

# THE COMPLIANCE OF PREGNANT WOMEN WITH ANEMIA IN CONSUMING IRON TABLETS AT KULON PROGO AND BANTUL

Vanessa Nisrina Nuraini<sup>1\*</sup>, Irianton Aritonang<sup>2</sup>, Rina Oktasari<sup>3</sup>

<sup>123</sup>Departement of Nutritionist of Polytechnic Ministry of Health Yogyakarta, Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

\*Email: [vanessanisrina20@gmail.com](mailto:vanessanisrina20@gmail.com)

## ABSTRACT

**Background:** The prevalence of anemia pregnant women in Kulon Progo and Bantul are 12,8% and 16,32%. The prevalence of iron tablets distribution in Kulon Progo and Bantul are 88,86% and 86,48%.

**Objective:** To determine the compliance of pregnant woman with anemia in consuming iron tablets based on characteristic (age, profession, education, pregnancy age (trimester), parity, and nutritional status)

**Method:** It was an observational research with cross sectional design. This research is descriptive research with a purposive sampling. The location of the research is in Kulon Progo distrist (Sentolo, Karang Sari, Kalirejo, Gulurejo and Sidoharjo village) and Bantul district (Trimurti, Bangunjiwo, Argodadi, Patalan, Triharjo village)

**Result:** Pregnant anemia women who were not obedient to consume iron tablets were 60%. Most of the pregnant women's age (80%) were not in a risk age. 62,5% of them not obedient in consuming iron tablets. Most of the pregnant women (83,3%) were work. Most of the pregnant women who work not obedient in consuming iron tablets. Most pregnant women who were highly educated obedient on consuming iron tablets and who were lower education not obedient consuming iron tablets. Most of the pregnant women in the first, second and third trimester were not obedient to consume iron tablets. Most of the pregnant women is primipara. Nutritional status of pregnancy women were 50% malnutrition. Malnutrition pregnant women not obidient on consuming iron tablets.

**Conclusion:** Most of the pregnant women with anemia not obidient on consuming iron tablets. Most of the pregnant women with anemia were working, midle education, pregnancy age on third trimester, and primipara.

**Key words:** Pregnant women, Anemia, Characteristic, Obidient, Iron Tablets.