

**PENGARUH EDUKASI MENGGUNAKAN *E-BOOKLET* TERHADAP
PENGETAHUAN DAN KEPATUHAN MINUM TABLET BESI PADA IBU
HAMIL DI KAPANEWON SAMIGALUH**

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ABSTRAK

Latar Belakang : Ibu hamil adalah salah satu kelompok rawan masalah gizi, sehingga beresiko tinggi mengalami anemia terutama anemia defisiensi zat besi. Pemerintah melakukan upaya untuk pencegahan dan penanggulangan anemia dengan memberikan tablet TTD. Namun, cakupan anemia di Kapanewon Samigaluh masih tinggi, hal ini dipengaruhi oleh pengetahuan ibu hamil tentang minum tablet tambah darah.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh edukasi menggunakan *E-Booklet* terhadap pengetahuan dan kepatuhan minum tablet besi pada ibu hamil di kapanewon samigaluh

Metode : Penelitian ini merupakan penelitian kuantitatif, dengan menggunakan metode penelitian *Quasi Eksperiment*, dengan desain penelitian *pre test and post test with control group design*. Subjek penelitian ini adalah ibu hamil di wilayah Kapanewon Samigaluh sebanyak 60 orang. Variabel bebas adalah *E-Booklet*, sedangkan pengetahuan dan kepatuhan konsumsi Tablet Zat Besi sebagai variabel terikat. Data tentang pengetahuan diperoleh dengan menggunakan kuesioner. Data dianalisis menggunakan uji *dependendt t test* dan *independent t test*.

Hasil : Skor pengetahuan pada akhir penelitian menunjukkan ada perbedaan antara kelompok eksperimen dan kelompok kontrol ($p=0,001$). Sedangkan skor kepatuhan pada akhir penelitian menunjukkan ada perbedaan antara kelompok perlakuan dan kelompok kontrol ($p=0,001$).

Kesimpulan : Pemberian edukasi dalam bentuk *E-Booklet* berpengaruh terhadap peningkatan pengetahuan ibu hamil tentang Tablet Zat Besi dan tidak mempengaruhi pemberian *E-Booklet* terhadap peningkatan kepatuhan konsumsi Tablet Zat Besi

Kata Kunci : *E-Booklet* Tablet Zat Besi, kepatuhan mengonsumsi Tablet Zat Besi

**THE EFFECT OF EDUCATION USING E-BOOKLET ON KNOWLEDGE AND
COMPLIANCE WITH IRON TABLETS IN PREGNANT WOMEN IN
KAPANEWON SAMIGALUH**

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ABSTRACT

Background : Pregnant women are one of the groups prone to nutritional problems, so they are at high risk of experiencing anemia, especially iron deficiency anemia. The government is making efforts to prevent and control anemia by providing TTD tablets. However, the coverage of anemia in Kapanewon Samigaluh is still high, this is influenced by the knowledge of pregnant women about taking blood-added tablets.

Objective: This study aims to determine the effect of education using E-Booklets on knowledge and adherence to taking iron tablets in pregnant women in Kapanewon Samigaluh

Methods: This study was a quantitative study, using a Quasi Experimental, with a pre-test and post-test with control group design. The subjects of this study were 60 pregnant women in the Kapanewon Samigaluh area. The independent variable was E-Booklet, while knowledge and compliance with Tablet Zat Besi consumption as the dependent variable. Data about knowledge was obtained by using a questionnaire. Data were analyzed using dependent t test and independent t test.

Results : The knowledge score at the end of the study showed that there was a difference between the experimental group and the control group ($p=0.001$). Meanwhile, the adherence score at the end of the study showed that there was a difference between the treatment group and the control group ($p=0.001$).

Conclusion education E-Booklet on increasing knowledge of iron tablets in pregnant women, and there is no effect of giving E-Booklets on increasing adherence to iron tablets consumption in pregnant women.

Keywords : E-Booklet blood supplement tablet, adherence to taking Tablet Zat Besi