

# HUBUNGAN KETEPATAN KONSUMSI TABLET TAMBAH DARAH DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI PUSKESMAS BENER KABUPATEN PURWOREJO

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## ABSTRAK

**Latar Belakang:** Anemia merupakan masalah kesehatan yang sering dialami oleh ibu hamil. Banyak faktor yang berhubungan dengan anemia pada ibu hamil diantaranya usia, pendidikan, pendapatan, paritas, jarak kehamilan, tingkat pengetahuan dan kepatuhan mengkonsumsi tablet tambah darah, umur kehamilan, status gizi dan perdarahan akut. Persentase kejadian anemia di Puskesmas Bener mengalami peningkatan dari tahun 2022 sebesar 42,85%, dan 22,3% pada tahun 2022.

**Tujuan:** Untuk mengetahui hubungan ketepatan konsumsi tablet tambah darah dengan kejadian anemia pada ibu hamil di wilayah Puskesmas Bener Kabupaten Purworejo.

**Metode:** Jenis penelitian observasional analitik dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah ibu hamil trimester 3 yang diperiksa ke Puskesmas Bener dengan jumlah 62 orang dengan teknik *Random Sampling*. Instrumen penelitian dengan menggunakan kuesioner, buku KIA dan hasil pemeriksaan laboratorium. Pengujian hipotesis menggunakan uji *chi square*.

**Hasil:** Pengujian hipotesis menunjukkan ada hubungan antara ketepatan konsumsi tablet tambah darah menurut jumlah tablet tambah darah yang dikonsumsi dengan kejadian anemia pada ibu hamil di wilayah Puskesmas Bener Kabupaten Purworejo hasil 69,2% yang tepat dan 20,8% tidak tepat dengan  $p=0,030$ . Tidak ada hubungan antara ketepatan konsumsi tablet tambah darah menurut cara konsumsi dengan kejadian anemia pada ibu hamil di wilayah Puskesmas Bener Kabupaten Purworejo hasil tepat 96,8% dan tidak tepat 3,2% dengan  $p=1,000$ .

**Kesimpulan :** Ada hubungan antara ketepatan konsumsi tablet tambah darah menurut jumlah tablet tambah darah yang dikonsumsi dengan kejadian anemia pada ibu hamil di Puskesmas Bener Kabupaten Purworejo.

**Kata kunci:** Tablet Tambah darah, Anemia Ibu Hamil.

**THE RELATIONSHIP BETWEEN CONSUMPTION OF BLOOD  
SUPPLEMENTAL TABLETS WITH THE INCIDENCE OF ANEMIA IN  
PREGNANT WOMEN AT BENER HEALTH CENTER, PURWOREJO  
DISTRICT**

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**ABSTRACT**

**Background:** Anemia is a health problem that is often experienced by pregnant women. Many factors are associated with anemia in pregnant women including age, education, income, parity, spacing of pregnancies, level of knowledge and adherence to consuming blood-supplementing tablets, gestational age, nutritional status and acute bleeding. The percentage of anemia cases in Bener Health Center has increased from 2022 42.85% and 22.3% in 2022.

**Purpose:** To find out the relationship between the correct consumption of iron supplement tablets and the incidence of anemia in pregnant women in the Bener Health Center, Purworejo Regency.

**Method:** This type of analytic observational research with a cross sectional approach. The sample in this study were third trimester pregnant women who were examined at the Bener Health Center with the number 62 people using the Random Sampling technique. The research instrument used a questionnaire, the MCH book and the results of laboratory tests. Hypothesis testing uses the chi square test.

**Results:** Hypothesis testing showed that there was a relationship between the accuracy of consuming blood-supplementing tablets according to the number of blood-supplementing tablets consumed and the incidence of anemia in pregnant women in the Bener Health Center, Purworejo Regency, the results were 69.2% correct and 20.8% incorrect with  $p=0.030$ . There is no relationship between the accuracy of consuming blood-supplemented tablets according to the method of consumption and the incidence of anemia in pregnant women in the Bener Public Health Center, Purworejo Regency, the results are 96.8% correct and 3.2% incorrect with  $p=1,000$ .

**Conclusion:** There is a relationship between the accuracy of taking iron tablets according to the number of blood tablets consumed and the incidence of anemia in pregnant women at Bener Health Center, Purworejo Regency.

**Keywords:** Blood Supplement Tablets, Anemia of Pregnant Women