

# HUBUNGAN KEPATUHAN MENGGONSUMSI TABLET BESI DENGAN KEJADIAN ANEMIA PADA IBU HAMIL TRIMESTER III DI KLINIK PRATAMA KEDATON PLERET KABUPATEN BANTUL

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## ABSTRAK

**Latar belakang:** Anemia menjadi masalah kesehatan yang dapat meningkatkan angka mortalitas dan morbiditas. Anemia yang terjadi pada masa kehamilan diakibatkan karena ibu kekurangan zat besi. Anemia dalam kehamilan dapat memberikan prognosis yang buruk terhadap janin, persalinan, dan masa nifas.

**Tujuan Penelitian:** Mengetahui hubungan kepatuhan mengkonsumsi tablet besi dengan kejadian anemia pada ibu hamil trimester III di Klinik Pratama Kedaton Pleret Kabupaten Bantul.

**Metode Penelitian:** Penelitian ini bersifat studi potong lintang (*cross sectional*) dengan pendekatan observasional. Pada penelitian ini terdapat dua variabel yaitu variabel bebas kepatuhan mengkonsumsi tablet besi dan variabel terikat kejadian anemia pada ibu hamil trimester III. Populasi ibu hamil trimester III sebanyak 51 orang, sampel pada penelitian ini adalah ibu hamil trimester III sebanyak 32 responden dengan menggunakan teknik *purposive sampling*. Alat ukur variabel bebas menggunakan kuisioner dan skala pengukuran ordinal, alat ukur variabel terikat menggunakan *easy touch* dan skala pengukuran nominal dikotom. Analisis data menggunakan univariat karakteristik ibu hamil trimester III yaitu umur, pendidikan, dan pekerjaan.

**Hasil Penelitian:** Hasil uji statistik menunjukkan nilai  $P(0,000) < \alpha (0,05)$  maka dapat disimpulkan ada hubungan kepatuhan mengkonsumsi tablet besi dengan kejadian anemia pada ibu hamil trimester III.

**Kesimpulan:** Ada hubungan kepatuhan mengkonsumsi tablet besi dengan kejadian anemia pada ibu hamil trimester III.

**Kata kunci:** Kejadian anemia, Kepatuhan mengkonsumsi tablet besi

**RELATIONSHIP OF COMPLIANCE CONSUMPTION OF TABLET  
BLOOD WITH ANEMIA OCCURANCE IN PREGNANT WOMEN  
TRIMESTER III IN THE CLINIC PRATAMA KEDATON  
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**ABSTRACT**

**Background:** Anemia is a health problem that can increase mortality and morbidity rates. Anemia that occurs during pregnancy is caused by a lack of iron in the mother. Anemia in pregnancy can give a poor prognosis for the fetus, labor, and the puerperium.

**Objective:** To determine the relationship between adherence to iron tablets and the incidence of anemia in third trimester pregnant women at the Kedaton Pleret Pratama Clinic, Bantul Regency.

**Research Methods:** This research is a *cross sectional study* with an observational approach. In this study, there were two variables, namely the independent variable of adherence to consuming iron tablets and the dependent variable the incidence of anemia in third trimester pregnant women. The population of third trimester pregnant women was 51 people, the sample in this study was 32 respondents third trimester pregnant women using *purposive sampling technique*. The independent variable measuring instrument used a questionnaire and ordinal measurement scale, the dependent variable measuring instrument used *easy touch* and a dichotomous nominal measurement scale. Data analysis used univariate characteristics of pregnant women in the third trimester, namely age, education, and occupation.

**Research Results:** Statistical test results show the value of  $P(0.000) < \alpha(0.05)$  so it can be concluded that there is a relationship between adherence to consuming iron tablets and the incidence of anemia in third trimester pregnant women.

**Conclusion:** There is a relationship between adherence to iron tablets and the incidence of anemia in third trimester pregnant women.

**Keywords:** Anemia Occurrence, Consumption Compliance Tablets Added Blood