

GAMBARAN KEPATUHAN IBU HAMIL MENGGONSUMSI TABLET BESI DI PUSKESMAS GODEAN II, SLEMAN, YOGYAKARTA

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INTISARI

Latar Belakang : Prevalensi anemia ibu hamil di Puskesmas Godean II > 3,53% dari ambang batas yang ditetapkan Dinas kesehatan Sleman. Sementara itu cakupan pemberian tablet besinya sudah mencapai target yaitu 96,69%. Hal tersebut menunjukkan kesenjangan antara cakupan pemberian tablet besi dengan prevalensi anemia di Puskesmas Godean II.

Tujuan : Mengetahui gambaran kepatuhan ibu hamil mengonsumsi tablet besi berdasarkan karakteristik ibu hamil yaitu umur kehamilan (trimester), umur, paritas, pendidikan dan pekerjaan.

Metode : Jenis penelitian ini adalah penelitian observasional dengan pendekatan *cross sectional*. Penelitian ini bersifat deskriptif dengan teknik pengambilan sampel purposive sampling.

Hasil : Ibu hamil yang patuh mengonsumsi tablet besi 35,7% dan yang tidak patuh 64,3%. Sebagian besar ibu hamil mengonsumsi tablet besi menggunakan air putih. Sebagian besar ibu hamil trimester I, II dan III tidak patuh mengonsumsi tablet besi. Sebagian besar ibu hamil pada kelompok umur 20-35 tahun tidak patuh mengonsumsi tablet besi. Sebagian besar ibu hamil primipara dan multipara tidak patuh mengonsumsi tablet besi. Sebagian besar ibu hamil berpendidikan tinggi (Tamat SMA/SMK dan perguruan tinggi) tidak patuh mengonsumsi tablet besi. Semua ibu hamil yang bekerja sebagai pedagang tidak patuh mengonsumsi tablet besi dan sebagian besar ibu hamil yang tidak bekerja/ibu rumah tangga tidak patuh mengonsumsi tablet besi.

Kesimpulan : Berdasarkan karakteristik ibu hamil yaitu umur kehamilan, umur, paritas, pendidikan dan pekerjaan menunjukkan kepatuhan yang berbeda-beda.

Kata Kunci : Ibu hamil, Kepatuhan, Tablet besi

THE COMPLIANCE OF PREGNANT WOMEN IN CONSUMING IRON TABLETS AT PUSKESMAS GODEAN II, SLEMAN, YOGYAKARTA

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ABSTRACT

Background : The prevalence of anemia pregnant women in Puskesmas Godean II is > 3,53% out off threshold determined of Health Department in Sleman. Meanwhile the scope of iron tablets has reached government-set target which is 96,69%. This shows the discrepancy between the scope of the pervalence of iron tablets with prevalence of anemia in Puskesmas Godean II.

Objective : To determine the compliance of pregnant women in consuming iron tablets based on characteristics of pregnant women those are pregnancy age (trimester) , age, parity, education and profession.

Method :It was an observational research with *cross sectional* design. This research is desciptive research with a purposive sampling techniques.

Result : Pregnant women who were obedient to consume iron tablets were 35,7% and 64,3% were not obidient. Most pregnant women consumed iron tablets using mineral water. Most pregnant women in the first, second and third trisemester were not obedient to consume iron tablets. Most pregnant woman in the age group 20-35 years are not obedient to consume iron tablets. Most pregnant women who were highly educated (Graduated from school / vocational school and college) were not obedient to consume iron tablets. All the pregnant women who work as sellers were not obedient to consume iron tablets and the majority of pregnant women who did not work (housewives) were not obedient to consume iron tablets.

Conclusion : The characteristics of pregnant women such as pregnancy, age, parity, education and profession show different compliances in consuming iron tablets.

Key words: Pregnant woman, compliance, iron tablets