

*THE EFFECTIVENESS OF PROVIDING COUNSELING ON COMPLIANCE IN TAKING
IRON TABLETS FOR PREGNANT WOMEN IN THE SECOND AND THIRD TRIMESTERS
IN THE CENTER WORK AREA UMBULHARJO 1 YOGYAKARTA*

Suci Lestari¹, Margono², Atik Ismiyati³

^{1,2,3}Departement Of Midwifery Poltekkes Kemenkes Yogyakarta

Jalan Mangkuyudan MJ III/304 Mantrijeron, Mantrijeron, Yogyakarta

Email: Suci03lestari05@gmail.com

ABSTRACT

Background: *Anemia in pregnant women is a serious health problem that can cause complications in pregnancy and childbirth, including maternal death. One of the government's efforts to overcome anemia is through the provision of fe tablets. However, the compliance of pregnant women in consuming fe tablets is still low, which is an obstacle so intervention in the form of counselling ia needed. Iron supplementation also affects the microbiota*

Objective: *To determine the effectiveness of providing counselling on compliance with taking iron tablets in pregnant women in the second and third trimesters in the work area of Umbulhajo 1 healt center, Yogyakarta.*

Methods: *This study used a quasy-exsperimental design with a one group pretest posttest approach. The sample consisted of 62 pregnant women in their second and third trimesters. The instrument used was a signed control contact, and the data were analyzed using the Mann-Whitney U test and the Willcoxon test.*

Result: *The result of the study showed an increase in compliance of pregnant women in consuming iron tablets after being given counselling. There was a significant influence between counselling and the level of compliance in consuming iron tablets ($p < 0.05$).*

Conclusion: *Providing counselling is effective in increasing compliance with iron tablet consumption in pregnant women in the second and third trimesters. Counseling can be used as an educational strategy in reducing the risk of anemia in pregnant women.*

Keyword: *Counseling, compliance, iron tablets, pregnant women, anemia.*

EFEKTIVITAS PEMBERIAN PENYULUHAN TERHADAP KEPATUHAN MINUM
TABLET FE PADA IBU HAMIL TRIMESTER II DAN III DI WILAYAH KERJA
PUSKESMAS UMBULHARJO 1 YOGYAKARTA

Suci Lestari¹, Margono², Atik Ismiyati³

^{1,2,3}Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta

Jalan Mangkuyudan MJ III/304 Mantrijeron, Mantrijeron, Yogyakarta

Email: Suci03lestari05@gmail.com

ABSTRAK

Latar Belakang: Anemia pada ibu hamil merupakan masalah kesehatan serius yang dapat menyebabkan komplikasi kehamilan dan persalinan, termasuk kematian ibu. Salah satu upaya pemerintah untuk menanggulangi anemia adalah melalui pemberian tablet Fe. Suplemen zat besi mempengaruhi mikrobiota.

Tujuan: Mengetahui efektivitas pemberian penyuluhan terhadap kepatuhan minum tablet fe pada ibu hamil trimester II dan III di wilayah kerja Puskesmas Umbulharjo 1 Yogyakarta.

Metode: Penelitian ini menggunakan desain *quasy eksperimen* dengan pendekatan *one group pretest-posttest*. Sampel berjumlah 62 orang ibu hamil trimester II dan III. Instrumen yang digunakan adalah kontak kontrol ttd, dan data dianalisis menggunakan uji U Mann-Whitney dan Uji Wilcoxon.

Hasil: Hasil penelitian menunjukkan adanya peningkatan kepatuhan ibu hamil dalam mengkonsumsi tablet fe setelah diberikan penyuluhan. Terdapat pengaruh yang signifikan antara penyuluhan dengan tingkat kepatuhan konsumsi tablet fe ($p < 0,05$).

Kesimpulan: Pemberian penyuluhan efektif dalam meningkatkan kepatuhan konsumsi tablet fe pada ibu hamil trimester II dan III. Penyuluhan dapat dijadikan strategi edukatif dalam menurunkan risiko anemia pada ibu hamil.

Kata kunci: Penyuluhan, kepatuhan, tablet fe, ibu hamil, anemia.