

GAMBARAN KONSUMSI TABLET TAMBAH DARAH DAN KEJADIAN ANEMIA PADA IBU HAMIL TRIMESTER II DI WILAYAH KERJA PUSKESMAS GEDONGTENGEN

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ABSTRAK

Latar Belakang: Anemia pada kehamilan masih merupakan masalah besar di Indonesia. Berdasarkan hasil SKI 2023 menggambarkan anemia terjadi pada 27,7% ibu hamil. Prevalensi ibu hamil anemia mencapai 12,3 % di DIY, dengan prevalensi tertinggi di Kota Yogyakarta sebesar 22, 7 %. Hal ini diikuti dengan kejadian kurangnya ibu hamil mendapatkan suplementasi TTD ibu hamil di Kota Yogyakarta angka 89,6%. Anemia pada ibu hamil di Kota Yogyakarta tahun 2025 mengalami peningkatan dari tahun sebelumnya yaitu 22,69% dengan angka sebelumnya 21,42%. Berdasarkan penelitian sebelumnya terdapat 39 ibu hamil dengan anemia di Puskesmas Gedongtengen.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran konsumsi TTD dan kejadian anemia dan pada ibu hamil di Puskesmas Gedongtengen 2026.

Metode: Penelitian deskriptif kuantitatif. Subjek penelitian ini adalah seluruh ibu hamil yang melakukan pemeriksaan kehamilan di Puskesmas Gedongtengen berjumlah 50 responden. Instrumen yang digunakan dalam penelitian ini adalah dengan menggunakan kuesioner yang sudah dilakukan uji validitas oleh peneliti sebelumnya. Data analisis secara deskriptif dan disajikan dalam tabel distribusi frekuensi.

Hasil Penelitian : Ibu hamil tidak masuk dalam kategori anemia di Puskesmas Gedongtengen (84 %). Ibu hamil yang tidak anemia lebih banyak mengkonsumsi TTD malam hari (96 %). Ibu hamil yang tidak anemia lebih banyak telah mengkonsumsi 1 TTD perhari (88 %).

Kesimpulan: Konsumsi TTD ibu hamil di Puskesmas Gedongtengen pada tahun 2026 lebih banyak sesuai dan mayoritas ibu hamil yang tidak mengalami anemia.

Kata kunci: Ibu Hamil, Anemia Gravidarum, Tablet Tambah Darah

**DESCRIPTION OF IRON TABLET CONSUMPTION COMPLIANCE AND
ANEMIA INCIDENCE IN SECOND TRIMESTER PREGNANT WOMAN IN
THE WORKING AREA OF PUSKESMAS GEDONGTENGEN**

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ABSTRACT

Background: *Anemia during pregnancy remains a major problem in Indonesia. According to the 2023 SKI results, anemia affects 27.7% of pregnant women. The prevalence of anemia among pregnant women in the Special Region of Yogyakarta (DIY) is 12.3%, with the highest prevalence in the city of Yogyakarta at 22.7%. This is compounded by the fact that 89.6% of pregnant women in Yogyakarta City do not receive iron supplementation (TTD). The prevalence of anemia among pregnant women in Yogyakarta City in 2025 increased from the previous year, rising to 22.69% from 21.42%. Based on previous research, there were 39 pregnant women with anemia at the Gedongtengen Community Health Center.*

Objective: *This study aims to determine the profile of TTD compliance and the incidence of anemia among pregnant women at the Gedongtengen Community Health Center in 2026.*

Method: *A descriptive study using a descriptive quantitative approach. The study subjects were all pregnant women undergoing prenatal checkups at the Gedongtengen Community Health Center, totaling 50 respondents. The instrument used in this study was a questionnaire that had previously undergone validity testing by the researcher. Data were analyzed descriptively and presented in frequency distribution tables.*

Results: *Pregnant women at the Gedongtengen Community Health Center were not classified as anemic (84%). Pregnant women who were not anemic were more likely to take iron supplements in the evening (96%). Pregnant women who were not anemic were more likely to take one iron supplement per day (88%).*

Conclusion: *Iron supplement consumption among pregnant women at the Gedongtengen Community Health Center in 2026 was largely appropriate, and the majority of pregnant women did not have anemia.*

Keywords: *Pregnant Women, Anemia of Pregnancy, Iron Supplements*