

**DESCRIPTIVE OF LEVELS ADHERENCE TO MULTIPLE
MICRONUTRIENT SUPPLEMENT (MMS) TABLET CONSUMPTION
AND ANEMIA STATUS OF PREGNANT WOMEN IN SENTOLO I
HEALTH CENTER, SENTOLO SUB-DISTRICT, KULON PROGO
DISTRICT**

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ABSTRACT

Background : Anemia in pregnant women remains a significant health problem that may increase the risk of complications for both the mother and the fetus. One of the strategies to prevent anemia is the provision of Multiple Micronutrient Supplement (MMS) tablets. The success of this program is influenced by pregnant women's adherence to consuming MMS tablets.

Objective : To describe the level of adherence to Multiple Micronutrient Supplement (MMS) tablet consumption, anemia status, and educational level among pregnant women at Sentolo I Primary Health Center, Sentolo District, Kulon Progo Regency.

Methods : This study employed a descriptive observational design with a cross-sectional approach. The study included 15 pregnant women selected using the total sampling technique. Adherence data were collected through interviews using a structured questionnaire, while anemia status was obtained from documented hemoglobin (Hb) measurements. Data were analyzed using univariate analysis and presented as frequency distributions, percentages, and means.

Results : Most respondents had completed senior high school education (73.3%), were adherent to MMS tablet consumption (66.7%), and were not anemic (86.7%). The mean hemoglobin level among the adherent group was 12.65 g/dL, which was higher than that of the non-adherent group (11.28 g/dL).

Conclusion : Most pregnant women at Sentolo I Primary Health Center had a senior high school educational level, adhered to MMS tablet consumption, and were not anemic. Descriptively, adherence to MMS tablet consumption was associated with a higher mean hemoglobin level.

Keywords : adherence, Multiple Micronutrient Supplement (MMS) tablets, anemia, pregnant women, hemoglobin (Hb).

GAMBARAN TINGKAT KEPATUHAN KONSUMSI TABLET *MULTIPLE MICRONUTRIENT SUPPLEMENT* (MMS) DAN STATUS ANEMIA PADA IBU HAMIL DI PUSKESMAS SENTOLO I, KECAMATAN SENTOLO, KABUPATEN KULON PROGO

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ABSTRAK

Latar Belakang : Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Salah satu upaya pencegahannya adalah pemberian Tablet *Multiple Micronutrient Supplement* (MMS). Keberhasilan program tersebut dipengaruhi oleh tingkat kepatuhan ibu hamil dalam mengonsumsi tablet MMS.

Tujuan : Mengetahui gambaran tingkat kepatuhan konsumsi Tablet *Multiple Micronutrient Supplement* (MMS), status anemia, dan tingkat pendidikan ibu hamil di Puskesmas Sentolo I, Kecamatan Sentolo, Kabupaten Kulon Progo.

Metode : Penelitian ini menggunakan desain deskriptif observasional dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 15 ibu hamil yang dipilih menggunakan teknik *total sampling*. Data kepatuhan diperoleh melalui wawancara menggunakan kuesioner, sedangkan data status anemia diperoleh dari dokumentasi kadar hemoglobin (Hb). Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi frekuensi, persentase, dan rata-rata.

Hasil : Sebagian besar responden berpendidikan SLTA/SMA (73,3%), patuh mengonsumsi tablet MMS (66,7%), dan tidak mengalami anemia (86,7%). Rata-rata kadar hemoglobin pada kelompok patuh sebesar 12,65 g/dL, lebih tinggi dibandingkan kelompok tidak patuh yaitu 11,28 g/dL.

Kesimpulan : Sebagian besar ibu hamil di Puskesmas Sentolo I memiliki tingkat pendidikan SLTA/SMA, patuh mengonsumsi tablet MMS, dan tidak mengalami anemia. Secara deskriptif, kepatuhan konsumsi tablet MMS diikuti oleh rata-rata kadar hemoglobin yang lebih tinggi.

Kata Kunci : kepatuhan, tablet *Multiple Micronutrient Supplement* (MMS), anemia, ibu hamil, hemoglobin (Hb)