

ABSTRAK

LARAS SHALSYABILAH PUTRI. Gambaran Pengetahuan Tentang Anemia, Pemanfaatan Posyandu Dan Kepatuhan Konsumsi Tablet Tambah Darah (TTD) Ibu Hamil Di Wilayah Kerja Puskesmas Langsung Tahun 2024. Dibimbing oleh Muharni, SP, M. Gizi.

Anemia pada ibu hamil merupakan masalah kesehatan masyarakat yang berdampak serius terhadap kesehatan ibu dan janin, antara lain meningkatkan risiko kelahiran prematur, berat badan lahir rendah (BBLR), hingga kematian. Upaya pemerintah dalam menanggulangi masalah ini salah satunya melalui pemberian Tablet Tambah Darah (TTD) dan pemanfaatan layanan Posyandu. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu hamil tentang anemia, pemanfaatan posyandu, serta kepatuhan konsumsi TTD di wilayah kerja Puskesmas Langsung tahun 2024. Penelitian ini menggunakan metode deskriptif kuantitatif dengan desain cross-sectional. Sampel terdiri dari 20 ibu hamil yang dipilih dengan teknik total sampling. Data diperoleh dari data PBL program perencanaan gizi, kemudian dianalisis secara univariat, dan disajikan dalam bentuk tabel distribusi frekuensi. Hasil penelitian menunjukkan 60% responden memiliki pengetahuan baik tentang anemia, namun hanya 35% yang patuh mengonsumsi TTD sesuai anjuran. Sebanyak 65% ibu jarang menghadiri posyandu, serta 75% belum mendapatkan pendidikan gizi selama kehamilan dan 65% ibu memiliki buku KIA. Hal ini mengindikasikan bahwa meskipun sebagian besar ibu memiliki pengetahuan cukup baik, tingkat kepatuhan konsumsi TTD dan pemanfaatan posyandu masih rendah. Penelitian ini merekomendasikan perlunya peningkatan edukasi, dukungan keluarga, serta optimalisasi peran posyandu untuk meningkatkan kepatuhan konsumsi TTD dan status kesehatan ibu hamil.

Kata Kunci: Anemia, Tablet Tambah Darah, Ibu Hamil, Pengetahuan, Posyandu, Kepatuhan

ABSTRACT

LARAS SHALSYABILAH PUTRI. Overview of Knowledge About Anemia, Utilization of Integrated Health Posts (Posyandu) and Compliance of Iron Supplement Tablet Consumption (TTD) of Pregnant Women in the Working Area of Langsung Health Center in 2024. Supervised by Muharni, SP, M. Gizi.

Anemia in pregnant women is a public health problem that poses serious risks to both maternal and fetal health, including premature birth, low birth weight (LBW), and even death. One of the government's efforts to address this issue is the provision of Iron Supplement Tablets (Tablet Tambah Darah/TTD) and the utilization of integrated health posts (Posyandu). This study aims to describe pregnant women's knowledge about anemia, the utilization of Posyandu, and compliance with TTD consumption in the working area of Langsung Health Center in 2024. This research applied a quantitative descriptive method with a cross-sectional design. The sample consisted of 20 pregnant women selected through total sampling. Data were obtained from the nutrition program planning (PBL) survey, analyzed univariately, and presented in frequency distribution tables. The results showed that 60% of respondents had good knowledge about anemia, but only 35% complied with TTD consumption as recommended. Furthermore, 65% of pregnant women rarely attended Posyandu, 75% had never received nutrition education during pregnancy, and 65% owned a Maternal and Child Health (KIA) book. These findings indicate that although most pregnant women have adequate knowledge about anemia, their compliance with TTD consumption and utilization of Posyandu services remains low. This study recommends strengthening education, enhancing family support, and optimizing the role of Posyandu to improve TTD compliance and maternal health outcomes.

Keywords: Anemia, Blood Additive Tablets, Pregnant Women, Knowledge, Posyandu, Adherence