ABSTRAK

DEBORA ELIANCHI SAGALA. Hubungan Pengetahuan Ibu Hamil Trimester III Tentang Anemia dengan Konsumsi Tablet Tambah Darah Pada Ibu Hamil Di Wilayah Kota Pekanbaru (Data Survei Gizi dan Kesehatan Ibu Hamil Perencanaan Program Gizi 2025). Dibimbing oleh Yessi Alza, SST, M. Biomed dan Alkausyari Aziz, SKM, M.Kes.

Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Salah satu upaya pencegahan anemia adalah konsumsi Tablet Tambah Darah (TTD) minimal 90 tablet selama kehamilan. Pengetahuan ibu hamil tentang anemia diduga dapat memengaruhi perilaku konsumsi TTD. Mengetahui gambaran pengetahuan ibu hamil tentang anemia, konsumsi Tablet Tambah Darah (TTD), serta hubungan pengetahuan ibu hamil tentang anemia dengan konsumsi TTD di Kota Pekanbaru. Penelitian ini menggunakan desain cross sectional dengan data sekunder yang berasal dari kegiatan Perencanaan Program Gizi (PPG) tahun 2025. Sampel penelitian berjumlah 92 ibu hamil trimester III yang dipilih menggunakan teknik total sampling. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. Sebagian besar responden berusia 20–35 tahun (75%), berpendidikan SMA (53,3%), dan bekerja sebagai ibu rumah tangga (73,9%). Tingkat pengetahuan ibu hamil tentang anemia sebagian besar berada pada kategori baik yaitu 47 responden (51,1%). Sebagian besar ibu hamil tidak memenuhi konsumsi TTD sesuai anjuran yaitu sebanyak 66 responden (71,7%). Hasil uji Chi-Square menunjukkan nilai p = 0,130 (p>0,05), yang berarti tidak terdapat hubungan yang signifikan antara pengetahuan ibu hamil tentang anemia dengan konsumsi Tablet Tambah Darah. Sebagian besar ibu hamil memiliki pengetahuan yang baik tentang anemia, namun mayoritas belum memenuhi konsumsi TTD sesuai anjuran. Tidak terdapat hubungan yang signifikan antara pengetahuan ibu hamil tentang anemia dengan konsumsi Tablet Tambah Darah di Kota Pekanbaru.

Kata kunci: Anemia, Tablet Tambah Darah, Ibu Hamil, Pengetahuan, Konsumsi

ABSTRACT

DEBORA ELIANCHI SAGALA. The Relationship Between Pregnant Women's Knowledge of Anemia and the Consumption of Iron Supplement Tablets in Pregnant Women in Pekanbaru City (Data from the Nutrition and Health Survey of Pregnant Women, Nutrition Program Planning 2025). Supervised by Yessi Alza, SST, M. Biomed and Alkausyari Aziz, SKM, M.Kes.

Anemia during pregnancy remains a public health problem that may increase the risk of complications for both mother and fetus. One of the strategies to prevent anemia is the consumption of at least 90 iron supplement tablets during pregnancy. Pregnant women's knowledge about anemia is considered one of the factors that may influence adherence to iron tablet consumption. To determine the level of pregnant women's knowledge regarding anemia, the consumption of iron supplement tablets, and the relationship between anemia knowledge and iron supplement tablet consumption in Pekanbaru City. This study employed a cross-sectional design using secondary data obtained from the 2025 Nutrition Program Planning (PPG) activity. The sample consisted of 92 third-trimester pregnant women selected using total sampling. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. Most respondents were aged 20–35 years (75%), graduated from senior high school (53.3%), and were housewives (73.9%). More than half of the respondents had good knowledge about anemia (51.1%). Most pregnant women did not meet the recommended iron tablet consumption (71.7%). The Chi-Square test showed a p-value of 0.130 ($p>0.05$), indicating no significant relationship between pregnant women's knowledge of anemia and iron supplement tablet consumption. Most pregnant women had good knowledge regarding anemia; however, the majority did not meet the recommended iron tablet consumption. There was no significant relationship between pregnant women's knowledge of anemia and iron supplement tablet consumption in Pekanbaru City.

Keywords: Anemia, Iron Supplement Tablets, Pregnant Women, Knowledge, Consumption