

ABSTRAK

Amelia Putri. Gambaran Konsumsi Tablet Tambah Darah Pada Ibu Hamil di Kota Pekanbaru (Data Sekunder Survei Gizi dan Kesehatan Pada Ibu Hamil- PBL PPG). Dibimbing oleh Muharni, SP, M. Gizi dan Dr. Lidya Novita, S.Si, M.Si

Anemia pada ibu hamil masih menjadi masalah kesehatan penting karena dapat meningkatkan risiko komplikasi pada ibu dan janin. Di Kota Pekanbaru, angka anemia pada ibu hamil meningkat dari 6,2% pada tahun 2021 menjadi 18,76% pada tahun 2022, yang diduga berkaitan dengan rendahnya kepatuhan konsumsi tablet tambah darah (TTD). Penelitian ini bertujuan mengetahui gambaran konsumsi tablet tambah darah pada ibu hamil di Kota Pekanbaru. Penelitian bersifat deskriptif kuantitatif dengan pendekatan *cross sectional*, menggunakan data sekunder Survei Gizi dan Kesehatan Ibu Hamil Tahun 2025 dari Mata Kuliah Perencanaan Program Gizi (PPG). Populasi berjumlah 182 ibu hamil di 18 puskesmas Kota Pekanbaru, dengan teknik pengambilan sampel *total sampling* sehingga diperoleh sampel akhir 182 ibu hamil. Data dianalisis secara deskriptif dan disajikan dalam distribusi frekuensi serta persentase. Hasil menunjukkan sebagian besar responden berusia 20–35 tahun (78,0%), trimester III (45,6%), dan multigravida (77,5%). Sebagian besar ibu hamil pernah mengonsumsi TTD (83,5%), namun mayoritas mengonsumsinya tidak sesuai anjuran (59,9%). Sebanyak 76,9% menerima TTD dalam sebulan terakhir, dengan sumber utama dari petugas kesehatan (80%). Alasan terbanyak tidak mengonsumsi TTD adalah karena tidak diberi oleh petugas kesehatan (60,4%). Diperlukan peningkatan distribusi, edukasi, dan pemantauan konsumsi TTD untuk mendukung pencegahan anemia pada ibu hamil.

Kata kunci: ibu hamil, tablet tambah darah, konsumsi tablet tambah darah, anemia.

ABSTRACT

Amelia Putri. Overview of Iron Supplement Tablet Consumption among Pregnant Women in Pekanbaru City (Secondary Data from the Nutrition and Health Survey for Pregnant Women - PBL PPG). Supervised by Muharni, SP, M.Gizi, and Dr. Lidya Novita, S.Si, M.Si

Anemia in pregnant women remains a significant health problem because it can increase the risk of complications for the mother and fetus. In Pekanbaru City, the prevalence of anemia among pregnant women increased from 6.2% in 2021 to 18.76% in 2022, which is thought to be related to low adherence to iron supplement tablet (TTD) consumption. This study aims to describe iron supplement tablet consumption among pregnant women in Pekanbaru City. This descriptive quantitative study used a cross-sectional approach, utilizing secondary data from the 2025 Nutrition and Health Survey of Pregnant Women obtained from the Nutrition Program Planning (PPG) course. The population consisted of 182 pregnant women across 18 community health centers in Pekanbaru City, with a total sampling technique used to obtain a final sample of 182 pregnant women. Data were analyzed descriptively and presented as frequency distributions and percentages. The results showed that most respondents were aged 20–35 years (78.0%), in their third trimester (45.6%), and multigravida (77.5%). Most pregnant women had consumed iron supplements (83.5%), although the majority did not consume them as recommended (59.9%). A total of 76.9% received iron supplements within the past month, with the main source being health workers (80%). The most common reason for not consuming iron supplements was not being given them by health workers (60.4%). Increased distribution, education, and monitoring of iron supplement consumption are needed to support anemia prevention in pregnant women

Keywords: pregnant women, iron supplements, iron supplement consumption, anemia.