

ABSTRAK

Judul : Hubungan Kepatuhan Mengonsumsi Tablet Besi, Status Gizi Terhadap Kadar Hemoglobin Pada Ibu Hamil di Puskesmas Kecamatan Kebon Jeruk Jakarta Barat Tahun 2018
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Program Studi : Gizi

VI Bab, 53 Halaman, 13 Tabel, 10 Lampiran

Latar Belakang: Ibu hamil merupakan salah satu kelompok rawan kekurangan gizi, karena terjadi peningkatan kebutuhan zat gizi untuk memenuhi kebutuhan ibu dan janin. Pola makan yang salah pada ibu hamil membawa dampak terhadap terjadinya gangguan gizi antara lain anemia, pertambahan berat badan yang tidak sesuai dengan usia kehamilan dan gangguan pertumbuhan janin. **Tujuan:** Mengetahui hubungan kepatuhan mengonsumsi tablet besi, status gizi terhadap kadar hemoglobin pada ibu hamil di Puskesmas Kecamatan Kebon Jeruk Jakarta Barat. **Metode Penelitian:** Jenis penelitian ini kuantitatif dengan desain penelitian *Cross sectional*. Populasi penelitian ini adalah seluruh ibu hamil trimester III dengan sampel sebanyak 43 responden. Analisa data penelitian ini menggunakan uji *Chi Square*. **Hasil Penelitian:** Dari hasil penelitian didapatkan bahwa rata-rata responden berumur $\geq 20-35$, pendidikan tinggi 69,8%, tidak bekerja 72,1%, patuh 81,4%, tidak resiko KEK 83,7%, asupan Fe dari makanan kurang 72,1%, kadar hemoglobin normal 69,8%. Terdapat hubungan antara kepatuhan mengonsumsi tablet besi terhadap kadar hemoglobin ($p= 0,042$). Tidak terdapat hubungan status gizi terhadap kadar hemoglobin ($p=0,648$) **Kesimpulan:** status gizi ibu hamil mayoritas berstatus gizi baik atau tidak beresiko KEK dan patuh mengonsumsi tablet besi. **Saran:** ibu hamil disarankan agar dapat memperhatikan mengonsumsi tablet besi dan memperhatikan asupan sumber besi (Fe) agar kadar hemoglobin selalu dalam keadaan normal.

Kata kunci: Ibu hamil, Kepatuhan tablet besi, Kadar hemoglobin Status gizi.

Daftar bacaan: 70 (2003 – 2017)

ABSTRACK

Title : The Relationship of Compliance with Taking Iron Tablets, Nutritional Status of Hemoglobin Levels in Pregnant Women in 2018 Kebon Jeruk Subdistrict Health Center in West Jakarta

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VI Chapter, 53 Pages, 13 Tables, 10 Appendix

Background: Pregnant women are one of the groups prone to malnutrition, because there is an increased need for nutrients to meet the needs of mothers and fetuses. The wrong diet in pregnant women has an impact on the occurrence of nutritional disorders, including anemia, first weight loss that is not in accordance with gestational age and fetal growth disorders. **Objective:** Knowing the relationship of adherence to consuming iron tablets, nutritional status on hemoglobin levels in pregnant women in Kebon Jeruk District Health Center, West Jakarta. **Methods:** This type of research is quantitative with cross sectional research design. The population of this study was all pregnant women in the third trimester with a sample of 43 respondents. Analysis of this research data using Chi Square test. **Results:** From the results of the study found that the average respondent aged $\geq 20-35$, higher education 69.8%, not working 72.1%, obedient 81.4%, no risk of KEK 83.7%, intake of Fe from food less 72, 1%, normal hemoglobin level is 69.8%. There is a relationship between adherence to taking iron tablets to hemoglobin levels ($p = 0.042$). There was no correlation between nutritional status and hemoglobin level ($p = 0.648$). **Conclusion:** Nutritional status of pregnant women is mostly good nutritional status or not at risk of SEZ and obedient to consume iron tablets. **Suggestion:** Pregnant women are advised to pay attention to consuming iron tablets and pay attention to the intake of iron (Fe) so that hemoglobin levels are always normal.

Keywords: Pregnant women, Compliance with iron tablets, Hemoglobin levels Nutritional status.

knowledge Bibliography: 70 (2003 – 2017)