

# Efektivitas leaflet terhadap kepatuhan minum tablet tambah darah dan kadar hemoglobin ibu hamil dengan anemia di Puskesmas Cileungsi Kabupaten Bogor = Effectiveness of leaflet on adherence to take iron tablet and haemoglobin rate of pregnant mothers with anemia in Cileungsi primary care in Bogor regency

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## Abstrak

Menurut WHO, prevalensi anemia pada ibu hamil adalah 41,8%. Penanggulangan masalah anemia pada ibu hamil yaitu dengan pemberian tablet tambah darah sebanyak 90 tablet selama kehamilan. Kurangnya tenaga apoteker di puskesmas, menyebabkan konseling tidak dapat dilakukan. Penelitian ini bertujuan menilai pengaruh pemberian konseling dan leaflet terhadap peningkatan kepatuhan dan kadar hemoglobin ibu hamil dengan anemia di Puskesmas Cibungbulang dan Puskesmas Cileungsi Kabupaten Bogor tahun 2013. Desain penelitian yang digunakan adalah quasi eksperimen. Jumlah sampel 158 ibu hamil dengan anemia. Pengukuran kepatuhan dilakukan menggunakan kuesioner MMAS-8 (Morisky Medication Adherence Scale) dan kadar Hb dengan alat STAT-Site MHgb. Pengukuran pada kelompok konseling di Puskesmas Cibungbulang dan kelompok leaflet di Puskesmas Cileungsi Kabupaten Bogor. Analisis data dilakukan dengan uji Chi-square, uji Wilcoxon dan analisis regresi logistic bivariat. Hasil penelitian menunjukkan pengaruh pemberian konseling pada ibu hamil dengan anemia meningkatkan kepatuhan minum tablet tambah darah ( $p < 0,05$ ) dan kadar Hb ( $p < 0,05$ ). Pemberian leaflet pada ibu hamil dengan anemia meningkatkan kepatuhan minum tablet tambah darah ( $p < 0,05$ ) dan kadar Hb ( $p < 0,05$ ). Ibu hamil dengan anemia yang patuh minum tablet tambah darah kadar Hbnya meningkat sebesar 3,24 kali dibandingkan ibu yang tidak patuh minum tablet tambah darah. Ibu hamil dengan anemia yang makan makanan sumber heme setiap hari meningkatkan kadar Hb sebesar 2,31 kali dibandingkan yang tidak setiap hari makan makanan sumber heme.

.....According to WHO, the prevalence of anemia in pregnant mothers is 41,8%. The treatment of anemia in pregnant mothers namely by giving iron tablet of 90 tablet during the pregnancy. The lack of pharmacists in primary care, resulting in the counseling can not be carried out. This research has a purpose to assess the effect of counseling and leaflet giving have influence to improve adherence and hemoglobin rate of pregnant mothers in primary care Cibungbulang and Cileungsi Bogor Regency in 2013. Research design applied is quasi experiment. Number of samples 158 pregnant mothers with anemia. The measurement of adherence was conducted by using MMAS-8 (Morisky Medication Adherence Scale) questionnaires and Hb rate with STAT-Site MHgb equipment. The measurements in group counseling at primary care Cibungbulang and group leaflet at primary care Cileungsi Bogor Regency. Data analysis was carried out with Chi-square test, Wilcoxon test and bivariate logistic regression analysis.

Results of this research suggest that influence of counseling giving to pregnant mothers with anemia increases adherence to take iron tablets ( $p < 0,05$ ) and Hb rate ( $p < 0,05$ ). Influence of leaflet giving to pregnant mothers with anemia increases adherence to take iron tablets ( $p < 0,05$ ) and Hb rate ( $p < 0,05$ ). Pregnant mothers with anemia who adhere to take iron tablet have their Hb rate improved 3,24 times compared to those who do not adhere to take iron tablet. Pregnant mothers with anemia who eat food source

of heme every day have their Hb rate improved 2,31 times compared to those who do not eat food source of heme every day.