

Efektifitas Intervensi Pendidikan Kesehatan Melalui Diagram Bantu Konseling Anemia dan Pemberian Dosis Terapi TTD Terhadap Peningkatan Kadar Hemoglobin pada Ibu Hamil di Wilayah Puskesmas Kecamatan Kemayoran Tahun 2019 = The Effectivity of Health Educational Intervention Through Anemia Counseling Helping Diagram and Giving Iron Supplement Therapeutic Doses to Increasing Haemoglobin Levels for Pregnant Women at Kemayoran Public Health Center Area In 2019

Nur` Arifah Hakim, author

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Abstrak

Angka kejadian anemia pada ibu hamil di puskesmas kecamatan Kemayoran masih tinggi walaupun cakupan ibu hamil yang mendapatkan tablet tambah darah minimal 90 butir selama hamil sudah mencapai 100%. Besarnya suplementasi zat besi juga harus disesuaikan dengan kebutuhan dan kondisi masing-masing ibu. Tidak efektifnya program pemberian TTD untuk menurunkan kejadian anemia kehamilan karena belum adanya media yang efektif untuk memberikan informasi dan edukasi tentang anemia dan TTD.

Penelitian ini bertujuan mengetahui efektifitas intervensi pendidikan kesehatan melalui diagram bantu konseling anemia dan pemberian dosis terapi TTD terhadap peningkatan kadar hemoglobin ibu hamil di wilayah puskesmas kecamatan Kemayoran tahun 2019. Penelitian ini merupakan jenis penelitian quasi eksperiment dengan menggunakan desain nonequivalent control group design. Penelitian dilakukan di wilayah puskesmas kecamatan Kemayoran dari rentang waktu Maret-November 2019. Populasi dalam penelitian ini adalah semua ibu hamil di wilayah puskesmas kecamatan kemayoran dan teknik pemilihan sampel dengan cara purposive sampling.

Hasil penelitian pengaruh intervensi pendidikan kesehatan melalui diagram bantu konseling anemia dan pemberian dosis terapi TTD terhadap peningkatan kadar hemoglobin ibu hamil di wilayah puskesmas kecamatan Kemayoran tahun 2019 pada analisis bivariat menggunakan uji Anova didapatkan nilai $p = 0.0005$, hubungan pengetahuan dan kepatuhan mengkonsumsi TTD dengan Kadar Hemoglobin didapatkan $r=0.288$, $p \text{ value}=0.035$; $r=0.422$, $p \text{ value}=0.001$. Kesimpulan ada pengaruh intervensi pendidikan kesehatan melalui diagram bantu konseling anemia dan pemberian dosis terapi TTD terhadap peningkatan kadar hemoglobin ibu hamil di wilayah puskesmas kecamatan Kemayoran tahun 2019 (nilai $p < 0.05$). Semakin tinggi pengetahuan dan kepatuhan mengkonsumsi TTD maka semakin besar kadar hemoglobin.

.....The incidence of anemia in pregnant women in the Kemayoran Health Centre is still high considering that pregnant women who get iron tablets of at least 90 during pregnant are reaching 100%. The amount of iron supplementation must also be adjusted to the needs and conditions of each mother. Ineffective iron supplementation delivery program for pregnant women to reduce the incidence of anaemia because there is no effective media to provide information and education about anaemia and iron supplementation.

This study aims to know the effectivity of health educational intervention through anaemia counseling helping diagram and giving iron supplement therapeutic doses to increasing haemoglobin levels for pregnant women at Kemayoran public health center area in 2019. This study uses a quasi experimental research type using the nonequivalent control group design. The study was conducted in the area of Kemayoran health

center from the period March-November 2019. The population in this study were all pregnant women in the area of Kemayoran health center and sample selection techniques by purposive sampling.

The results of research on health educational intervention through anaemia counseling helping diagram and giving iron supplement therapeutic doses to increasing haemoglobin levels for pregnant women at Kemayoran public health center in 2019 on bivariate analysis using Anova test obtained p value = 0.0005, the relationship of knowledge and compliance consuming iron supplement with haemoglobin levels obtained $r = 0.288$, p value = 0.035; $r = 0.422$, p value = 0.001. Conclusion: there is influence of health educational through anaemia counseling helping diagram and giving iron supplement therapeutic doses to increasing haemoglobin levels for pregnant women at Kemayoran public health center in 2019 (p value <0.05). The higher of knowledge and compliance of consuming iron supplement, the greater the hemoglobin level.