

ABSTRAK

Ardianti, Febrina. 2016. **Hubungan Kepatuhan Konsumsi Tablet Zat Besi (Fe) terhadap Kadar Hemoglobin Ibu Hamil Trimester II di Puskesmas Slorok Kecamatan Garum Kabupaten Blitar**. Tugas Akhir, Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Brawijaya. Pembimbing (1) dr. Soemardini, M.Pd. (2) Ns. Fransiska Imavike Fevriasanty, S.Kep, M.Nurs.

Hemoglobin adalah kompleks protein yang mengandung zat besi dimana fungsinya mengangkut oksigen. Kadar hemoglobin ibu hamil sering dikaitkan dengan tingkat kepatuhan konsumsi tablet zat besi. Kepatuhan adalah tingkat ketaatan pasien melaksanakan perilaku yang disarankan tenaga kesehatan. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara kepatuhan konsumsi tablet zat besi (Fe) dengan kadar hemoglobin ibu hamil trimester II di Puskesmas Slorok Kecamatan Garum Kabupaten Blitar. Desain penelitian yang digunakan adalah deskriptif analitik korelasional, dengan metode pendekatan *Cross Sectional*. Teknik sampling yang digunakan adalah teknik *Purposive Sampling* dengan jumlah sampel 37 ibu hamil Trimester II. Variabel independen diukur menggunakan kuesioner dan variabel dependen diukur dengan alat ukur hemoglobin dengan metode Sahli. Hasil uji statistik *Spearman Rho* diperoleh nilai $p=0,000$ dan nilai koefisien korelasi yaitu 0,846 artinya terdapat hubungan yang signifikan antara kedua variabel. Arah korelasi dalam penelitian ini adalah positif dan kekuatan korelasinya sangat kuat. Kesimpulan dari penelitian ini yaitu terdapat hubungan antara kepatuhan konsumsi tablet zat besi (Fe) terhadap kadar hemoglobin ibu hamil trimester II. Saran yang dapat diberikan dari hasil penelitian ini adalah diharapkan perawat melakukan tes kadar hemoglobin pada ibu hamil secara rutin setiap bulan agar jika terdapat ibu hamil yang menderita anemia dapat segera ditangani dengan mengonsumsi tablet zat besi dengan patuh, serta konsumsi makanan yang mengandung zat besi, asam folat serta vitamin B12.

Kata Kunci: Tablet Zat Besi, Kadar Hemoglobin, Ibu Hamil Trimester II

ABSTRACT

Ardianti, Febrina. 2016. Association Between Obedience of Iron Tablet Consumption with Hemoglobin Level Of Pregnant Women In Second Trimester At Slorok's Primary Healthcare of Garum Subdistrict Of Blitar District. Final Assignment. Bachelor of Nursing Faculty of Medicine, Brawijaya University. Supervisor (1) dr. Soemardini, M.Pd. (2) Ns. Fransiska Imavike Fevriasanty, S.Kep, M.Nurs.

Hemoglobin is a complex protein that contains irons which have function to transport oxygen. Hemoglobin level of pregnant women is often related to obedience level of pregnant women in iron tablet consumption. Obedience is pasien's piety level of doing behaviour which is suggested by medical personnel. The aim of this study is to understand the association between obedience of iron tablet consumption with hemoglobin level of pregnant women in second Trimester at Slorok's Primary Healthcare of Garum Subdistrict of Blitar District. Design of this study is correlational descriptive analytic with Cross sectional method. The sampling method used is Purposive sampling with total sample of 37 pregnant women in second Trimester. The independent variable is measured by using questionnaire and the dependent variable is measured by Sahli method. The result of Spearman Rho test is $p=0.000$ and the coefficient value is 0.846, so it can be said that there is a significant association between two variables. The direction of this study is positive and the correlation power is very strong. The conclusion of this study is there is association between obedience of iron tablet consumption with hemoglobin level of pregnant women in second Trimester. Suggestion that can be given is nurses are expected to do hemoglobin level test in pregnant women for routine every month so if there is pregnant women with anemia found, they can treated as soon as possible by a right method, which is consuming foods dan supplements that contain iron, folic acid, and vitamin B12.

Keywords: Iron Tablet, Hemoglobin Level, Second Trimester of Pregnant Women