

**ABSTRAK**

**Hubungan Pengetahuan tentang Anemia dengan Kepatuhan Minum Tablet  
Tambah Darah pada Ibu Hamil Primigravida Trimester II dan III di  
Puskesmas Kedungwuni 1 dan 2**

Amelia Azzahra<sup>1</sup>, Nur Izzah<sup>2</sup>

**Latar Belakang:** Anemia pada ibu hamil masih menjadi masalah kesehatan yang dapat meningkatkan risiko komplikasi bagi ibu dan janin. Salah satu upaya pencegahan dilakukan melalui konsumsi tablet tambah darah, namun tingkat kepatuhan ibu hamil masih rendah. Salah satu faktor yang memengaruhi kepatuhan adalah tingkat pengetahuan tentang anemia.

**Metode:** Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian adalah ibu hamil primigravida trimester II dan III di Puskesmas Kedungwuni 1 dan 2 dengan teknik accidental sampling selama 2 minggu. Data dikumpulkan menggunakan kuesioner untuk mengukur pengetahuan dan kepatuhan. Analisa data menggunakan uji Korelasi Pearson.

**Hasil:** Rata-rata skor pengetahuan dari 55 responden sebesar 14,96 yang menunjukkan kategori pengetahuan tinggi, sedangkan rata-rata skor kepatuhan sebesar 16,53 yang menunjukkan kategori kepatuhan tinggi. Hasil uji Korelasi Pearson menunjukkan adanya hubungan yang signifikan antara pengetahuan tentang anemia dengan kepatuhan minum tablet tambah darah ( $p\text{-value} < 0,001$ ), dengan kekuatan hubungan yang kuat ( $r = 0,617$ ) dan arah korelasi positif, sehingga semakin tinggi pengetahuan maka semakin tinggi kepatuhan ibu hamil dalam mengonsumsi tablet tambah darah.

**Simpulan:** Terdapat hubungan yang signifikan dan kuat antara pengetahuan tentang anemia dengan kepatuhan minum tablet tambah darah pada ibu hamil. Edukasi tentang anemia dan kepatuhan mengonsumsi tablet tambah darah penting untuk meningkatkan pemahaman ibu hamil.

**Kata Kunci:** Anemia, Kepatuhan Minum Tablet Tambah Darah, Pengetahuan

**Daftar Pustaka:** 45 (2018 – 2026)

## ABSTRACT

### **The Relationship Between Knowledge about Anaemia and Compliance with Taking Iron Supplements Among Primigravida Women in the Second and Third Trimesters at Kedungwuni 1 and 2 Community Health Centers**

Amelia Azzahra<sup>1</sup>, Nur Izzah<sup>2</sup>

**Background:** Anaemia in pregnant women remains a major health problem that can increase the risk of complications for both the mother and the foetus. One of the preventive measures is the regular consumption of iron supplements; however, compliance among pregnant women is still relatively low. One of the factors influencing compliance is the level of knowledge about anaemia.

**Method:** This study used a correlational design with a cross-sectional approach. The participants were primigravida pregnant women in the second and third trimesters at Kedungwuni 1 and 2 Community Health Centers. Samples were selected using an accidental sampling technique over a two-week period. Questionnaires were used to measure the level of knowledge about anaemia and compliance with taking iron supplements. Data were analysed using the Pearson correlation test.

**Result:** The average knowledge score among the 55 respondents was 14.96, indicating a high level of knowledge, while the average compliance score was 16.53, indicating a high level of compliance. The results of the Pearson correlation test showed a significant relationship between knowledge about anaemia and compliance with taking iron supplements ( $p$ -value  $< 0.001$ ). The correlation coefficient showed a strong positive relationship ( $r = 0.617$ ), indicating that higher knowledge levels were associated with higher compliance in taking iron supplements among pregnant women.

**Conclusion:** There is a significant relationship between knowledge about anaemia and compliance with taking iron supplements among pregnant women. Therefore, health education regarding anaemia and the importance of adherence to iron supplementation is essential to improve knowledge and compliance among pregnant women.

**Keywords:** *Anemia, Compliance, Iron tablet, Knowledge*

**Bibliography:** 45 (2018-2026)