

Abstract

Background: Anemia in pregnancy is also known as a "potential hazard to mother and child". Iron deficiency anemia is not the only cause of anemia, but as the prevalence of anemia increases, iron deficiency becomes the main cause. Because the impact of anemia is very dangerous for pregnant women and babies, it is necessary to take steps to prevent and control so that anemia does not occur in pregnant women, one of which is by offering iron tablets. Mother's compliance in consuming iron tablets is very influential to prevent and treat iron anemia. The purpose of this study was to determine the effect of knowledge and motivation of pregnant women on adherence to taking tablets at the Putri Ayu Health Center, Jambi City.

Methods: This type of research is quantitative, using a cross-sectional design or approach. The research sample was 100 pregnant women in the second and third trimesters.

Results: Respondents' compliance in consuming iron tablets was 23.0%, while the knowledge and motivation of respondents with the highest proportion was in the poor category. The chi-square test on knowledge and motivation was found that $p = 0.000$ was smaller than $= 0.05$ ($p < 0.000$) so that H_0 was rejected, and it can be concluded that there is a significant effect between knowledge and motivation on adherence to consuming iron tablets in pregnant women.

Conclusion: Health Center are advised to pay more attention to the compliance of pregnant women in consuming iron tablets through efforts to increase compliance.

Abstrak

Latar Belakang: Anemia pada kehamilan disebut juga “*Potensial danger to mother and child*” (potensi membahayakan ibu dan anak). Anemia defisiensi zat besi bukan satu-satunya penyebab anemia, tetapi ketika prevalensi anemia meningkat, kekurangan zat besi menjadi penyebab utama. Mengingat dampak anemia yang sangat berbahaya bagi ibu hamil maupun bayi, maka diperlukannya upaya-upaya untuk pencegahan dan penanggulangan agar tidak terjadi anemia pada ibu hamil, salah satunya adalah dengan pemberian tablet besi. Kepatuhan ibu dalam mengonsumsi tablet besi sangat berpengaruh untuk mencegah dan menangani anemia zat besi. Tujuan penelitian ini adalah untuk mengetahui pengaruh pengetahuan dan motivasi ibu hamil terhadap kepatuhan mengonsumsi tablet besi di Puskesmas Putri Ayu Kota Jambi.

Metode: Jenis penelitian kuantitatif, menggunakan desain atau pendekatan secara *cross sectional*. Sampel penelitian 100 orang ibu hamil trimester II dan III.

Hasil: Kepatuhan ibu hamil dalam mengonsumsi tablet besi sebesar 23,0%, sementara pengetahuan dan motivasi ibu hamil dengan proporsi tertinggi pada kategori kurang. Uji chi-square pada pengetahuan dan motivasi didapati $p = 0,000$ lebih kecil dari $\alpha = 0,05$ ($p < 0,000$) sehingga H_0 ditolak, dan dapat disimpulkan bahwa terdapat pengaruh yang signifikan antara pengetahuan dan motivasi terhadap kepatuhan dalam mengonsumsi tablet besi pada ibu hamil.

Kesimpulan: Puskesmas disarankan agar lebih memperhatikan lagi tentang kepatuhan ibu hamil dalam mengonsumsi tablet besi melalui upaya-upaya untuk peningkatan kepatuhan tersebut.