

ABSTRACT

THE RELATIONSHIP BETWEEN KNOWLEDGE ABOUT ANEMIA, COMPLIANCE WITH IRON TABLET CONSUMPTION, AND WEIGHT GAIN WITH THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN TRIMESTER III

By

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Background: Anemia in pregnant women is a condition in which the hemoglobin level is less than 11 g/dL. Many factors contribute to the occurrence of anemia in pregnant women, including knowledge about anemia, adherence to consuming iron (Fe) tablets, and weight gain. This study aims to determine the relationship between knowledge about anemia, compliance with iron tablet consumption, and weight gain with the incidence of anemia in third-trimester pregnant women in the working area of Simpang Agung Public Health Center.

Methods: This study employed a quantitative research design using observational analytical methods with a cross-sectional approach. The sample consisted of 55 pregnant women in their third trimester who met the inclusion and exclusion criteria. Data on weight gain and hemoglobin were obtained from the KIA knowledge and adherence to iron tablet consumption. The study was conducted from September to December 2025, with univariate and bivariate analyses.

Results: Knowledge about anemia was significantly associated ($P < 0.05$) with the incidence of anemia in third-trimester pregnant women. Compliance with iron tablet consumption was also significantly associated ($P < 0.05$) with the incidence of anemia. Weight gain was significantly associated with the incidence of anemia in third-trimester pregnant women ($P < 0.05$); pregnant women with insufficient weight gain were 18.86 times more likely to experience anemia compared to those with adequate weight gain.

Conclusion: There is a significant relationship between knowledge about anemia, compliance with iron tablet consumption, and weight gain with the incidence of anemia in third-trimester pregnant women.

Keywords: Anemia, compliance with iron tablet consumption, knowledge about anemia, third-trimester pregnant women, weight gain.

ABSTRAK

HUBUNGAN PENGETAHUAN TENTANG ANEMIA, KEPATUHAN KONSUMSI TABLET FE, DAN KENAIKAN BERAT BADAN DENGAN KEJADIAN ANEMIA PADA IBU HAMIL TRIMESTER III

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Latar Belakang: Anemia pada ibu hamil adalah keadaan tubuh ketika kadar hemoglobin darah kurang dari 11 gr/dL. Banyak faktor yang berperan dalam kejadian anemia pada ibu hamil diantaranya pengetahuan tentang anemia, kepatuhan konsumsi tablet Fe, dan kenaikan berat badan. Penelitian ini bertujuan mengetahui hubungan pengetahuan tentang anemia, kepatuhan konsumsi tablet Fe, dan kenaikan berat badan dengan kejadian anemia pada ibu hamil trimester III di wilayah kerja Puskesmas Simpang Agung.

Metode: Penelitian ini menggunakan desain penelitian kuantitatif yang menggunakan metode analitik observasional dengan pendekatan *cross-sectional*. Sampel terdiri dari 55 ibu hamil trimester III yang memenuhi kriteria inklusi dan eksklusi. Data kenaikan berat badan dan Hb diperoleh dari buku KIA serta kuesioner pengetahuan tentang anemia dan kepatuhan konsumsi tablet Fe. Penelitian dilaksanakan pada bulan September-Desember 2025, dengan analisis univariat dan bivariat.

Hasil: Pengetahuan tentang anemia berhubungan signifikan ($p<0,05$) dengan kejadian anemia pada ibu hamil trimester III. Kepatuhan konsumsi tablet Fe juga berhubungan signifikan ($p<0,05$) dengan kejadian anemia pada ibu hamil trimester III. Kenaikan berat badan berhubungan signifikan dengan kejadian anemia ibu hamil trimester III ($p<0,05$), ibu hamil dengan kenaikan berat badan yang kurang berpeluang mengalami anemia 18,86 kali lebih besar dibandingkan dengan ibu hamil yang kenaikan berat badannya baik.

Kesimpulan: Terdapat hubungan yang signifikan antara pengetahuan tentang anemia, kepatuhan konsumsi tablet Fe, dan kenaikan berat badan dengan kejadian anemia pada ibu hamil trimester III.

Kata Kunci: Anemia, ibu hamil trimester III, kenaikan berat badan, kepatuhan konsumsi tablet Fe, pengetahuan tentang anemia