

# Perbandingan efektifitas SMS reminder dan leaflet terhadap kepatuhan minum tablet tambah darah dan kadar hemoglobin ibu hamil di Puskesmas Kota Depok = The effectiveness comparison between SMS reminder and leaflet toward compliance to iron supplementation and hemoglobin level of pregnant women in Depok City Public Health Center

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## Abstrak

Kurangnya pengetahuan ibu hamil tentang tablet tambah darah berkontribusi terhadap ketidakpatuhan terapi. Leaflet dan SMS reminder merupakan media yang dapat digunakan untuk meningkatkan kepatuhan terapi. Penelitian bertujuan untuk menilai efektifitas pemberian SMS reminder dibandingkan leaflet terhadap kepatuhan minum tablet tambah darah dan kadar hemoglobin ibu hamil. Penelitian merupakan eksperimen semu, prospektif, menggunakan dua kelompok intervensi yang tidak berpasangan dengan pre test-post test group design. Penelitian dilakukan di dua Puskesmas kota Depok pada bulan Maret-Mei 2016. Sebanyak 38 responden ibu hamil di Puskesmas Sukmajaya mendapatkan leaflet dan 36 responden ibu hamil di Puskesmas Pancoran Mas mendapatkan SMS reminder. Pengukuran kepatuhan menggunakan kuesioner MMAS-8. Kadar hemoglobin diukur dengan HemoCue®. Pemberian leaflet meningkatkan kepatuhan responden secara bermakna ( $P = 0,018$ ) tetapi tidak bermakna meningkatkan kadar hemoglobin rata-rata ( $P = 0,553$ ). 19 responden kelompok leaflet mengalami kenaikan kadar hemoglobin dengan rata-rata kenaikan 0,6 g/dl. Pemberian SMS reminder tidak meningkatkan kepatuhan responden dan kadar hemoglobin secara bermakna ( $P = 0,180$  dan  $P = 0,798$ ). 17 responden kelompok SMS reminder mengalami kenaikan kadar hemoglobin dengan rata-rata kenaikan 1,1 g/dl. Tidak terdapat perbedaan yang bermakna antara pemberian leaflet dan SMS reminder terhadap peningkatan kepatuhan dan kadar hemoglobin responden ( $P = 0,576$  dan  $P = 0,929$ ).

.....Lack of knowledge among pregnant women about iron supplementation contributes to poor compliance to the therapy. The use of media such as leaflet and SMS reminder can be used to improve compliance. This study aims to assess effectiveness of SMS reminder than leaflet on compliance of iron supplementation and hemoglobin level in pregnant women. This was a quasi-experimental study, prospectives, using two intervention groups with a pretest-posttest group design. The study was conducted between March and May 2016 in two public health center in Depok city. A total of 38 respondents in Sukmajaya get a leaflet and 36 respondents in Pancoran Mas get SMS reminders. Patient's compliance was measured by MMAS-8 questionnaire. Hemoglobin level was measured by HemoCue®. Leaflet improved patient's compliance significantly ( $P=0,018$ ) but did not significantly increase the average hemoglobin level ( $P=0,553$ ). 19 respondents in leaflet group experienced an increase in hemoglobin levels with an average 0.6 g/dl. SMS reminder didn't improve patient's compliance neither did hemoglobin level significantly ( $P=0,180$  dan  $P=0,798$ ). 17 respondents in SMS reminder group experienced an increase in hemoglobin levels with an average 1.1 g/dl. There were no difference between leaflet and SMS reminder to improve patient's compliance and hemoglobin level ( $P=0,576$  dan  $P=0,929$ ).

