

Hubungan persepsi ibu hamil dengan kepatuhan mengonsumsi Tablet Tambah Darah (TTD) di wilayah kerja UPT Puskesmas Lima Kaum I = The relationship between perceptions of pregnant women and compliance with taking iron tablets in Lima Kaum I Health Center

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Abstrak

UPT Puskesmas Lima Kaum I termasuk 5 besar puskesmas yang memiliki capaian pendistribusian Tablet Tambah Darah (TTD) pada ibu hamil yang rendah yaitu sebesar 62,43%. Rendahnya cakupan ini disebabkan rendahnya tingkat kepatuhan ibu hamil mengonsumsi TTD. Rendahnya tingkat mengonsumsi TTD pada ibu hamil disebabkan karena timbulnya efek samping yang mereka rasakan dan keterlambatan melakukan ANC. Tujuan penelitian ini untuk mengetahui hubungan persepsi ibu hamil dengan kepatuhan mengonsumsi TTD di wilayah kerja UPT Puskesmas Lima Kaum I. Penelitian ini menggunakan metode kuantitatif dengan desain studi cross-sectional. Sampel penelitian ini berjumlah 64 sampel Ibu (ibu hamil, ibu nifas, ibu yang memiliki anak usia maksimal 6 bulan) yang sudah mendapatkan Tablet Tambah darah (TTD) minimal 90 tablet selama masa yang dipilih menggunakan teknik consecutive sampling. Hasil penelitian menjelaskan bahwa berdasarkan uji statistik didapatkan persepsi keparahan, persepsi manfaat, persepsi hambatan, efikasi diri, dan isyarat untuk bertindak berhubungan dengan tingkat kepatuhan mengonsumsi TTD secara teratur. Intervensi yang disarankan menekankan bahwa manfaat yang lebih besar daripada efek samping yang dirasakan saat mengonsumsi TTD. Untuk mengantisipasi kelupaan, petugas kesehatan dapat menginformasikan untuk mencatat setiap mengonsumsi TTD di buku KIA dengan bekerjasama dengan kader kesehatan dan keluarga ibu hamil.

.....Lima Kaum I Health Center is one of the top 5 health centers that have a low distribution of iron tablet to pregnant women, which is 62.43%. This low coverage is due to the low level of compliance in pregnant women taking iron tablets. The low level of taking iron tablets in pregnant women is due to the side effects they feel and the delay in performing ANC. The purpose of this study was to determine the relationship between perceptions of pregnant women and adherence to taking iron tablets in the working area of the Lima Kaum I Health Center. This study used a quantitative method with a cross-sectional study design. The sample of this study consisted of 64 samples of mothers (pregnant women, postpartum mothers, mothers with children with a maximum age of 6 months) who had received IFA tablets. of at least 90 tablets during the selected period using consecutive sampling technique. The results of the study explained that based on statistical tests obtained perceptions of severity, perceived benefits, perceived barriers, self-efficacy, and cues to action related to the level of adherence to taking iron tablets regularly. The recommended intervention is to inform that the benefits outweigh the perceived side effects of taking iron tablet.. To anticipate forgetfulness, health workers can inform to record every consumption of iron tablets in the KIA book in collaboration with village health workers and families of pregnant women.