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HUBUNGAN KEPATUHAN KONSUMSI TABLET FE, TINGKAT KONSUMSI ZAT BESI, VITAMIN C, VITAMIN $B_{12,}$ ASAM FOLAT DAN VITAMIN A DENGAN KEJADIAN ANEMIA PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS DANAU PANGGANG

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Anemia dalam kehamilan adalah kondisi ibu dengan kadar Haemoglobin di bawah 11g% pada Trimester I dan Trimester III atau kadar < 10,5g% pada Trimester II. Hasil Penelitian tingkat konsumsi Fe yaitu kategori cukup 51%, kategori defisit 49%, asupan vitamin C kategori cukup 5%, kategori defisit 95%, asupan vitamin B12 kategori cukup 36%, kategori defisit 64%, asupan vitamin A kategori cukup 15% kategori defisit 85%, asupan asam folat kategori defisit 100% Tujuan penelitian ini yaitu menganalisis hubungan kepatuhan konsumsi tablet Fe, tingkat kecukupan zat besi, vitamin C, vitamin B12, asam folat dan vitamin Adengan kejadian anemia dalam kehamilan di wilayah kerja Puskesmas Danau Panggang. Penelitian ini bersifat*observasional*penelitian dengan desain *case control*. Variabel dependen dalam penelitian ini adalah kejadian anemia pada ibu hamil, sedangkan variabel bebasnya, yaituKepatuhan konsumsi tablet Fe, tingkat konsumsi zat besi, vitamin C, Vitamin $B_{12,}$ asam folat dan vitamin A. Teknik analisis data menggunakan analisis statistik *Chi Square*.Penelitian ini dilakukan terhadap 80 responden ibu hamil. Berdasarkan tes statistik pada beberapa variabel dengan menggunakan uji *Chi Square*menunjukkan bahwa asupan zat besi P= 0,001, asupan vitamin B12 P= 0,000, dan kepatuhan konsumsi tablet Fe P= 0,001 yang berarti ada hubungan yang signifikan dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Danau Panggang sedangkan asupan vitamin A P=0,210, asupan vitamin C P=1.00, asupan asam folat P=0,445 yang berarti tidak ada hubungan yang signifikan dengan kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Danau Panggang

Kata kunci: Kepatuhan Konsumsi Tablet Fe, Zat Besi, Vitamin C, Vitamin B12, asam folat, Vitamin A,Anemia.

ABSTRACT

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CONNECTION RELATIONSHIP OF CONSUMPTION FE TABLETS FE, LEVELS OF SUCCESSFUL IRON, VITAMIN C, VITAMIN B12, FOLATE ACID AND VITAMIN A WITH THE EVENT OF ANEMIA IN PREGNANT WOMEN IN THE PUSKESMAS DANAU PANGGANG AREA.

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Anemia in pregnancy is a condition of mothers with hemoglobin levels below 11g% in the first and third trimesters or <10.5g% in the second trimester. The results of the study were that the level of Fe consumption was 51% adequate category, 49% deficit category, 5% adequate category of vitamin C intake, 95% deficit category, 36% adequate category of vitamin B12 intake, 64% deficit category, adequate intake of 15% category of vitamin A deficit 85%, intake of folic acid in the deficit category of 100%. The aim of this study was to analyze the relationship between adherence to Fe tablet consumption, iron, vitamin C, vitamin B12, folic acid and vitamin adequacy levels with the incidence of anemia in pregnancy in the work area of the Danau Panggang Community Health Center. This study is an observational study with a case control design. The dependent variable in this study was the incidence of anemia in pregnant women, while the independent variables were compliance with the consumption of Fe tablets, the level of consumption of iron, vitamin C, vitamin B12, folic acid and vitamin A. The data analysis technique used Chi Square statistical analysis. This study was conducted. to 80 respondents of pregnant women. Based on statistical tests on several variables using the Chi Square test, it shows that iron intake is P = 0.001, vitamin B12 intake is P = 0.000, and compliance with Fe tablet consumption is P = 0.001 which means that there is a significant relationship with the incidence of anemia in pregnant women in the working area of the Puskesmas Lake Panggang while vitamin AP intake = 0.210, vitamin CP intake = 1.00, folic acid intake P = 0.445 which means there is no significant relationship with the incidence of anemia in pregnant women in the work area of the Danau Panggang Community Health Center.