

**GAMBARAN PENGETAHUAN, ASUPAN ZAT GIZI MAKRO,
FE, DAN KEPATUHAN TABLET TAMBAH DARAH
IBU HAMIL YANG ANEMIA
DI RUMAH SAKIT MELANIA BOGOR**

KARYA TULIS ILMIAH



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UNIVERSITAS MOHAMMAD HUSNI THAMRIN
JAKARTA
2024**

GAMBARAN PENGETAHUAN, ASUPAN ZAT GIZI MAKRO, FE, DAN KEPATUHAN TABLET TAMBAH DARAH IBU HAMIL YANG ANEMIA DI RUMAH SAKIT MELANIA BOGOR TAHUN 2024

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ABSTRAK

Masalah kesehatan pada ibu hamil yang rentan terjadi adalah anemia. Anemia dalam kehamilan adalah kondisi dimana ada penurunan sel darah merah atau kadar hemoglobin (Hb) yang menyebabkan penurunan jumlah oksigen yang diperlukan untuk memenuhi kebutuhan organ penting pada ibu dan janin. Tujuan penelitian ini adalah untuk mengetahui karakteristik pengetahuan, asupan zat gizi makro, asupan fe, dan kepatuhan mengkonsumsi tablet tambah darah pada ibu hamil yang anemia di rumah sakit melania bogor tahun 2024. Metode penelitian ini yaitu observasional deskriptif dengan pendekatan *Cross Sectional*. Responden pada penelitian ini adalah ibu hamil yang menjalani rawat inap. Sampel penelitian ini berjumlah 30 ibu hamil dengan teknik pengambilan sampel adalah *Total Sampling*. Instrumen yang digunakan pada penelitian ini adalah kuesioner pengetahuan gizi, questioner food recall 24 jam dan questioner kepatuhan minum tablet tambah darah. Hasil penelitian ini menunjukkan terdapat 15 responden (50%) dengan kategori pengetahuan gizi cukup, asupan energi kategori cukup sebanyak 27 responden (90,0%), asupan protein kategori cukup sebanyak 26 responden (86,7%), asupan lemak kategori cukup sebanyak 29 responden (96,7%), asupan karbohidrat kategori cukup sebanyak 25 responden (83,3%), asupan fe kategori cukup sebanyak 28 responden (93,3%) dan terdapat 22 ibu hamil dengan kategori patuh minum tablet tambah darah dengan persentase tertinggi (73,3%). Berdasarkan hasil penelitian ini diharapkan tenaga kesehatan di Rumah Sakit Melania Bogor khususnya di ruangan kebidanan perlu melakukan pemeriksaan darah rutin untuk mendeteksi anemia sedini mungkin dan memberikan promosi kesehatan berupa penyuluhan atau edukasi, pemberian leaflet tentang anemia pada ibu hamil dan risikonya, gizi seimbang pada ibu hamil dan pentingnya kepatuhan mengkonsumsi tablet tambah darah.

Kata kunci: Pengetahuan, Asupan Zat Gizi Makro, Fe, dan Konsumsi Tablet Tambah Darah.

AN OVERVIEW OF KNOWLEDGE, MACRONUTRIENT INTAKE, FE AND ARDHERENCE TO TAKING BLOOD SUPPLEMENT TABLETS IN ANEMIC PREGNANT WOMEN AT MELANIA BOGOR HOSPITAL IN 2024

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ABSTRACT

A health problem that pregnant women are prone to is anemia. Anemia in pregnancy is a condition where there is a decrease in red blood cells or hemoglobin (Hb) levels which causes a decrease in the amount of oxygen needed to meet the needs of important organs in the mother and fetus. The purpose of this study was to determine the characteristics of knowledge, macronutrient intake, fe intake, and compliance with taking blood supplement tablets in anemic pregnant women at melania bogor hospital in 2024. This research method is descriptive observational with Cross Sectional approach. Respondents in this study were pregnant women who underwent hospitalization. The sample of this study amounted to 30 pregnant women with the sampling technique is Total Sampling. The instruments used in this study were a nutritional knowledge questionnaire, a 24-hour food recall questioner and a blood supplement tablet compliance questioner. The results of this study showed that there were 15 respondents (50%) with sufficient nutritional knowledge category, energy intake category was sufficient as many as 27 respondents (90.0%), protein intake category was sufficient as many as 26 respondents (86.7%), fat intake category was sufficient as many as 29 respondents (96.7%), carbohydrate intake category was sufficient as many as 25 respondents (83.3%), fe intake category was sufficient as many as 28 respondents (93.3%) and there were 22 pregnant women with compliant category of taking blood supplement tablets with the highest percentage (73.3%). Based on the results of this study, it is expected that health workers at Melania Bogor Hospital, especially in the obstetrics room, need to conduct routine blood tests to detect anemia as early as possible and provide health promotion in the form of counseling or education, providing leaflets about anemia in pregnant women and its risks, balanced nutrition in pregnant women and the importance of compliance in taking blood supplement tablets.

Keywords: *Knowledge, Macronutrient Intake, Fe, and Blood Addition Tablet Consumption.*