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**Minat Manajemen Kesehatan Ibu dan Anak**

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**ABSTRAK**

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**Pengaruh Konseling Menggunakan Lembar Balik dan *Leaflet t*erhadap Kepatuhan Ibu Hamil Mengkonsumsi Tablet Besi di Kota Tangerang Tahun 2013**

**xiv + 92 halaman + 16 tabel + 5 gambar + 10 lampiran**

Prevalensi anemia tertinggi di Kota Tangerang terjadi di Puskesmas Kedaung Wetan (67,5%). Upaya penanggulangan anemia melalui pemberian tablet besi telah dilakukan, namun masih banyak ibu hamil tidak mengkonsumsi tablet besi (20%). Diperlukan strategi Komunikasi Informasi Edukasi (KIE) untuk meningkatkan kepatuhan ibu hamil mengkonsumsi tablet besi. Tujuan penelitian adalah menganalisis pengaruh konseling menggunakan lembar balik dan *leaflet* terhadap kepatuhan ibu hamil mengkonsumsi tablet besi.

Penelitian ini menggunakan rancangan *quasi eksperimental* dengan *pre test-post test control group design*. Data dikumpulkan dengan wawancara menggunakan kuesioner terstruktur dan observasi kepatuhan konsumsi tablet besi. Jumlah sampel kelompok perlakuan dan kelompok kontrol masing-masing 33 ibu hamil. Analisis data dilakukan dengan uji Chi Square, Wilcoxon, Paired t Test, Mann Whitney, Independent t Test.

Hasil penelitian menunjukkan tidak ada perbedaan karakteristik ibu hamil (umur, graviditas, pendidikan, status bekerja, pendapatan) antara kelompok perlakuan dan kelompok kontrol. Peningkatan skor pengetahuan pada kelompok perlakuan (35,7) lebih tinggi daripada kelompok kontrol (14,2). Ada perbedaan bermakna skor pengetahuan setelah perlakuan antara kedua kelompok (p=0,001). Peningkatan skor sikap pada kelompok perlakuan (9,7) lebih tinggi daripada kelompok kontrol (0,27). Ada perbedaan bermakna skor sikap setelah perlakuan antara kedua kelompok (p=0,001). Kepatuhan konsumsi tablet besi lebih tinggi pada kelompok perlakuan (89,7%) daripada kelompok kontrol (25,9%). Ada perbedaan bermakna kepatuhan mengkonsumsi tablet besi antara kelompok perlakuan dan kelompok kontrol (p=0,001).

Disarankan kepada bidan hendaknya memberikan konseling tentang manfaat dan efek samping konsumsi tablet besi untuk meningkatkan kepatuhan.

Kata Kunci : Konseling, tablet besi, kepatuhan, ibu hamil

Kepustakaan : 46 (1998-2012)

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**ABSTRACT**

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**The Influence of Counselling using Flip Chart and Leaflet towards the Adherence of Pregnant Women in Consuming Fe Tablets in Tangerang City in 2013**

**xiv + 92 pages + 16 tables + 5 figures + 10 enclosures**

The highest anemia prevalence in Tangerang City was at work area of Kedaung Wetan Health Center (67.5%). The efforts to decrease anemia cases had been done by providing Fe tablets but most of the pregnant women did not consume them (20%). A strategy of Communication, Information, and Education was needed to increase the adherence of pregnant women in consuming Fe tablets. This research aimed to analyze the influence of counselling using flip chart and leaflet towards the adherence of pregnant women in consuming Fe tablets

This was quasi-experimental research using pretest-posttest control group design. Data were collected by interview using a structured questionnaire and observation about the adherence in consuming Fe tablets. Number of subjects in each group (intervention and control) was 33 pregnant women. Furthermore, data were analyzed using Chi Square, Wilcoxon, Paired t Test, Mann-Whitney, and Independent t Test.

The results of this research revealed that there were no characteristics differences of pregnant women (age, gravidity, education, job status, and income) between intervention and control group. The increase of knowledge scores among intervention group (35.7) was higher than that of control group (14.2). The knowledge score differences between two groups were very significant (p=0.001). In addition, the increase of attitude scores among intervention group (9.7) was higher than that of control group (0.27). The attitude score differences between two groups were also very significant (p=0.001). The proportion of adherence among intervention group (89.7%) was higher than that of control group (25.9%). The adherence differences in consuming Fe tablets between two groups were very significant (p=0.001).

As a suggestion, midwives need to provide counselling about benefits and side effects of consuming Fe tablets in order to improve obedience.

Key Words : Counselling, Fe tablets, Adherence, Pregnant Woman

Bibliography : 46 (1998-2012)