

**HUBUNGAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH DAN
STATUS GIZI IBU HAMIL DENGAN KEJADIAN ANEMIA
DI WILAYAH KERJA PUSKESMAS SAMBAU
KOTA BATAM TAHUN 2025**

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Kata Kunci : Kepatuhan Konsumsi Tablet Tambah Darah, Status Gizi, Anemia, Ibu Hamil

INTISARI

Anemia pada ibu hamil masih menjadi masalah kesehatan yang terjadi pada ibu hamil. Menurut data WHO tahun 2023, sekitar 37% ibu hamil di seluruh dunia masih mengalami anemia, prevalensi anemia pada ibu hamil di Provinsi Kepulauan Riau tahun 2023 tercatat 4,57%, dan di Kota Batam sebesar 3,14% pada tahun 2024. Puskesmas Sambau mempunyai jumlah ibu hamil anemia terbanyak pada tahun 2024 sebanyak 21,10%. Untuk mengetahui hubungan kepatuhan konsumsi tablet tambah darah dan status gizi ibu hamil dengan kejadian anemia di Wilayah Kerja Puskesmas Sambau Kota Batam. Penelitian ini merupakan penelitian kuantitatif menggunakan desain *observasional analitik* dengan pendekatan *cross-sectional*. Responden penelitian ini berjumlah 55 ibu hamil trimester II -III dengan teknik pengambilan sampel *purposive sampling*. Pengumpulan data menggunakan kuisioner dan lembar observasi. Analisis hubungan variabel dilakukan dengan menggunakan uji *Chi-square* dan uji *Fisher-Freeman Halton Exact*. Hasil penelitian menunjukkan kepatuhan konsumsi tablet tambah darah dengan kejadian anemia ($p\text{-value} = < 0,001$) dan status gizi ibu hamil dengan kejadian anemia ($p\text{-value} = < 0,001$). Adanya hubungan kepatuhan konsumsi tablet tambah darah dan status gizi ibu hamil dengan kejadian anemia di Wilayah Kerja Puskesmas Sambau Kota Batam Tahun 2025.

**THE RELATIONSHIP BETWEEN COMPLIANCE WITH IRON
SUPPLEMENT CONSUMPTION AND THE NUTRITIONAL
STATUS OF PREGNANT WOMEN AND THE INCIDENCE
OF ANEMIA IN THE WORK AREA OF THE SAMBAU
COMMUNITY HEALTH CENTER
BATAM CITY IN 2025**

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Keyword : Compliance with Iron Tablet Consumption, Nutritional Status, Anemia, Pregnant Women

ABSTRAK

Anemia in pregnant women is still a health problem that occurs in pregnant women. According to WHO data in 2023, approximately 37% of pregnant women worldwide still suffer from anemia, the prevalence of anemia in pregnant women in Riau Islands Province in 2023 was recorded at 4.57%, and in Batam City it was 3.14% in 2024. Puskesmas Sambau had the highest number of pregnant women with anemia in 2024, with a prevalence of 21.10%. To determine the relationship between adherence to iron supplement tablet consumption and nutritional status of pregnant women with the incidence of anemia in the Sambau Community Health Center Working Area, Batam City. This study is a quantitative study using an analytical observational design with a cross-sectional approach. The respondents of this study were 55 pregnant women in the second - third trimester with a purposive sampling technique. Data collection used questionnaires and observation sheets. Analysis of the relationship between variables was carried out using the *Chi-square* test and the *Fisher-Freeman Halton Exact test*. The results showed adherence to iron supplement tablet consumption with the incidence of anemia ($p\text{-value} = < 0.001$) and nutritional status of pregnant women with the incidence of anemia ($p\text{-value} = < 0.001$). There is a relationship between compliance with iron supplement tablet consumption and the nutritional status of pregnant women with the incidence of anemia in the working area of the Sambau Community Health Center, Batam City in 2025.

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