

**PROGRAM STUDI SARJANA KEBIDANAN DAN PENDIDIKAN
PROFESI BIDAN FAKULTAS KEBIDANAN INSTITUT KESEHATAN
PAYUNG NEGERI PEKANBARU**

Krisdayanti Br Lubis

**Analisis Efek Samping Konsumsi Tablet (Fe) Terhadap Kepatuhan Konsumsi
Tablet (Fe) Pada Ibu Hamil Puskesmas Sidomulyo Rj Di Kota Pekanbaru
Tahun 2026**

(xvi + 60 Hal + 8 Tabel + 13 Lampiran)

ABSTRAK

Anemia pada ibu hamil merupakan salah satu masalah kesehatan yang dapat dicegah melalui konsumsi tablet tambah darah (Fe) secara teratur. Namun, kepatuhan ibu hamil dalam mengonsumsi tablet Fe masih menjadi masalah karena munculnya efek samping seperti mual, muntah, nyeri lambung, konstipasi, diare, dan perubahan warna feses. Penelitian ini bertujuan untuk menganalisis hubungan efek samping konsumsi tablet Fe dengan kepatuhan konsumsi tablet Fe pada ibu hamil di Wilayah Kerja Puskesmas Sidomulyo RJ Kota Pekanbaru Tahun 2026. Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional. Sampel penelitian berjumlah 70 ibu hamil trimester II dan III yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan kuesioner terstruktur, sedangkan analisis data menggunakan uji Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa 46 responden (65,7%) mengalami efek samping ringan, 12 responden (17,1%) mengalami efek samping sedang, dan 12 responden (17,1%) mengalami efek samping berat. Berdasarkan kepatuhan, sebanyak 32 responden (45,7%) tergolong patuh dan 38 responden (54,3%) tidak patuh. Hasil uji Chi-Square diperoleh p-value = 0,040 ($p < 0,05$), sehingga terdapat hubungan yang bermakna antara efek samping konsumsi tablet Fe dengan kepatuhan konsumsi tablet Fe. Nilai Cramer's V sebesar 0,304 menunjukkan keeratan hubungan yang lemah. Tenaga kesehatan disarankan meningkatkan edukasi dan konseling mengenai pencegahan serta penanganan efek samping untuk meningkatkan kepatuhan ibu hamil.

Kata Kunci : Efek samping, Kepatuhan, Tablet Fe, Ibu hamil

Daftar Pustaka : (2018–2025).

**BACHELOR OF MIDWIFERY STUDY PROGRAM FACULTY OF
MIDWIFERY PAYUNG NEGERI HEALTH INSTITUTE OF PEKANBARU**

Krisdayanti Br Lubis

***Analysis Of The Side Effects Of Iron (Fe) Tablet Consumption On Compliance
With Iron (Fe) Tablet Consumption Among Pregnant Women At Sidomulyo Rj
Public Health Center In Pekanbaru City In 2026***

(xvi + 60 Pages + 8 Tables + 13 Appendices)

ABSTRACT

Anemia in pregnant women is a health problem that can be prevented through regular consumption of iron (Fe) tablets. However, adherence to iron tablet consumption remains a concern due to side effects such as nausea, vomiting, stomach discomfort, constipation, diarrhea, and changes in stool color. This study aimed to analyze the relationship between the side effects of iron (Fe) tablet consumption and adherence to iron tablet consumption among pregnant women in the working area of Sidomulyo RJ Public Health Center, Pekanbaru City, in 2026. This study employed a quantitative method with a cross-sectional design. The sample consisted of 70 pregnant women in the second and third trimesters selected using purposive sampling. Data were collected using a structured questionnaire and analyzed using the Chi-Square test with a significance level of $\alpha = 0.05$. The results showed that 46 respondents (65.7%) experienced mild side effects, 12 respondents (17.1%) experienced moderate side effects, and 12 respondents (17.1%) experienced severe side effects. Regarding adherence, 32 respondents (45.7%) were categorized as adherent, while 38 respondents (54.3%) were non-adherent. The Chi-Square test showed a p-value of 0.040 ($p < 0.05$), indicating a significant relationship between the side effects of iron tablet consumption and adherence to iron tablet consumption. The Cramer's V value of 0.304 indicated a weak association. Health professionals are encouraged to improve education and counseling regarding the prevention and management of side effects to improve adherence among pregnant women.

Keywords: side effects, adherence, iron tablets, pregnant women

References: (2018–2025).