

ABSTRAK

PENGARUH PEMBERIAN *LEAFLET* TERHADAP KEPATUHAN DAN EFEK SAMPING OBAT TABLET TAMBAH DARAH PADA IBU HAMIL DI UPTD PUSKESMAS KURIPAN (Oleh Nugrah Lailatul Makmurah; Pembimbing Syahrizal Ramadhan dan Azmi Yunarti; 2024; 100 Halaman)

Kekurangan asupan gizi seimbang pada ibu hamil dapat menyebabkan anemia dan kekurangan energi kronik. Upaya yang dapat dilakukan untuk mengatasi masalah tersebut yaitu dengan meningkatkan kepatuhan minum tablet tambah darah dengan memberikan promosi kesehatan berupa *leaflet* yang diharapkan dapat meningkatkan kepatuhan dan meminimalkan efek samping tablet tambah darah. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian *leaflet* terhadap kepatuhan dan kejadian efek samping yang di alami ibu hamil saat mengkonsumsi tablet tambah darah di UPTD Puskesmas Kuripan. Penelitian ini adalah penelitian *pre-experimental design* dengan pendekatan *one group pretest-posttest*. Populasi dalam penelitian ini adalah semua pasien ibu hamil yang terdata pada bulan Maret 2024 di wilayah kerja UPTD Puskesmas Kuripan dengan jumlah 57 ibu hamil. Sampel yang didapat sebanyak 51 orang dengan teknik *total sampling*. Alat ukur dari formulir observasi, atau formulir yang berkaitan dengan pencatatan data, kuesioner *Medication Adherence Report Scale* (MARS-5), skala Naranjo dan *leaflet* edukasi. Analisis data menggunakan univariat (frekuensi, persentase) dan bivariat (*wilcoxon test*). Hasil penelitian diperoleh pemberian *leaflet* berpengaruh terhadap kepatuhan ibu hamil dalam mengkonsumsi tablet tambah darah ($p = 0,000$), dan tidak ada pengaruh pemberian *leaflet* terhadap kejadian efek samping yang di alami ibu hamil saat mengkonsumsi tablet tambah darah di wilayah kerja UPTD Puskesmas Kuripan ($p = 1,000$).

Kata kunci: *leaflet*, kepatuhan, efek samping, tablet tambah darah, ibu hamil

ABSTRACT

THE EFFECT OF GIVING LEAFLETS ON COMPLIANCE AND SIDE EFFECTS OF BLOOD INCREASING TABLET MEDICATIONS IN PREGNANT WOMEN AT UPTD PUSKESMAS KURIPAN (By Nugrah Lailatul Makmurah; Supervisor Syahrizal Ramadhan and Azmi Yunarti; 2022; 100 Pages)

Lack of balanced nutritional intake in pregnant women can cause anemia and chronic energy deficiency. Efforts that can be made to overcome this problem are by increasing compliance with taking blood supplement tablets by providing health promotion in the form of leaflets which are expected to increase compliance and minimize the side effect of blood supplement tablets. This study aims to determine the effect of giving leaflets on compliance and the incidence of side effects experienced by pregnant women when consuming tablets (Fe) at the UPTD Puskesmas Kuripan. This research was a pre-experimental design research with a one group pretest-posttest approach. The population in this study were all pregnant women patients recorded in March 2024 in the UPTD work area of the Kuripan Community Health Center with a total of 57 pregnant women. The sample obtained was 51 people used total sampling technique. Measuring tools include observation forms, or forms related to data recording, the Medication Adherence Report Scale (MARS-5) questionnaire, the Naranjo scale and educational leaflets. Data analysis used univariate (frequency, percentage) and bivariate (Wilcoxon test). The results of the research showed that giving leaflets had an effect on the compliance of pregnant women in consuming blood supplement tablets ($p = 0,000$), and there was no effect of giving leaflets on the incidence of side effects experienced by pregnant women when consuming blood supplement tablets in the Kuripan Health Center UPTD working area ($p = 1,000$).

Keywords: leaflets, compliance, side effects, blood increase tablets, pregnant women

