PENGARUH INTERVENSI EDUKASI BERBASIS ASUHAN KEBIDANAN TERHADAP PENGETAHUAN TANDA BAHAYA GIZI, KEPATUHAN KONSUMSI TABLET ZAT BESI, DAN KADAR HEMOGLOBIN PADA IBU HAMIL

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ABSTRAK

Kebutuhan zat besi pada ibu hamil meningkat secara fisiologis untuk mendukung ekspansi volume darah maternal, pertumbuhan janin, dan perkembangan plasenta. Ketidakcukupan zat besi selama kehamilan dapat memengaruhi status hemoglobin serta kesehatan ibu dan janin, yang sering berkaitan dengan rendahnya pengetahuan tentang tanda bahaya gizi dan kurangnya kepatuhan konsumsi tablet zat besi. Penelitian ini dilakukan untuk menganalisis efektivitas intervensi edukasi berbasis asuhan kebidanan terhadap pengetahuan tanda bahaya gizi, kepatuhan konsumsi tablet zat besi, dan kadar hemoglobin ibu hamil. Desain kuasi-eksperimental pretest–posttest kelompok kontrol digunakan pada 140 ibu hamil yang dipilih melalui teknik purposive sampling dan dibagi ke dalam kelompok intervensi dan kontrol. Analisis menggunakan uji Chi-square dan Wilcoxon menunjukkan kelompok intervensi mengalami peningkatan pengetahuan, kepatuhan konsumsi tablet zat besi, serta kadar hemoglobin yang signifikan dibanding kelompok kontrol ($p<0,001$). Intervensi ini efektif meningkatkan perilaku kesehatan dan status hemoglobin ibu hamil serta berpotensi menjadi strategi preventif aplikatif dalam layanan kebidanan.

ABSTRACT

Iron requirements in pregnant women increase physiologically to support maternal blood volume expansion, fetal growth, and placental development. Iron deficiency during pregnancy can affect hemoglobin levels and the health of the mother and fetus, often associated with limited knowledge of nutritional danger signs and poor compliance with iron supplementation. This study was conducted to analyze the effectiveness of midwifery-based educational interventions on knowledge of nutritional danger signs, compliance with iron tablet consumption, and hemoglobin levels in pregnant women. A pretest–posttest quasi-experimental design with a control group was used with 140 pregnant women selected through purposive sampling, who were divided into intervention and control groups. Analysis using the Chi-square and Wilcoxon tests showed that the intervention group experienced a significant increase in knowledge, compliance with iron tablet use, and hemoglobin levels compared with the control group ($p<0.001$). This intervention is effective in improving the health behaviors and hemoglobin levels of pregnant women and has the potential to serve as a practical preventive strategy in midwifery services.

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