



UNIVERSITAS ANDALAS

**HUBUNGAN ANTARA ASUPAN ZAT GIZI (PROTEIN, ZAT BESI, DAN
VITAMIN C) DAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH
DENGAN STATUS ANEMIA PADA IBU HAMIL TRIMESTER III DI
WILAYAH KERJA PUSKESMAS BELIMBING KOTA PADANG**

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UNIVERSITAS ANDALAS

PADANG, 2026

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Skripsi, 23 Juli 2026

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xiii + 92 halaman, 26 tabel, 4 gambar, 8 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk mengetahui hubungan antara asupan zat gizi (protein, zat besi, dan vitamin C) dan kepatuhan konsumsi tablet tambah darah dengan status anemia pada ibu hamil trimester III di wilayah kerja Puskesmas Belimbing Kota Padang.

Metode

Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional* pada 77 ibu hamil trimester III yang dipilih menggunakan *consecutive sampling*. Data asupan dikumpulkan menggunakan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), kepatuhan konsumsi tablet tambah darah diperoleh melalui wawancara menggunakan kuesioner, dan status anemia berdasarkan kadar hemoglobin menggunakan alat *Hematology Analyzer Zybio*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*.

Hasil

Hasil penelitian menunjukkan bahwa sebanyak 67,5% ibu hamil trimester III mengalami anemia, 63,6% memiliki asupan protein kurang, 58,4% memiliki asupan zat besi kurang, 24,7% memiliki asupan vitamin C kurang, dan 54,5% tidak patuh mengonsumsi tablet tambah darah. Analisis bivariat menunjukkan bahwa terdapat hubungan antara asupan protein (POR = 33,75; 95% CI = 8,89-128,02), asupan zat besi (POR = 13,33; 95% CI = 4,12-43,10), asupan vitamin C (POR = 5,58; 95% CI = 1,17-26,49), dan kepatuhan konsumsi tablet tambah darah (POR = 4,01; 95% CI = 1,45-11,08) dengan status anemia pada ibu hamil trimester III.

Kesimpulan

Terdapat hubungan antara asupan zat gizi (protein, zat besi, dan vitamin C) dan kepatuhan konsumsi tablet tambah darah dengan status anemia pada ibu hamil trimester III di wilayah kerja Puskesmas Belimbing Kota Padang.

Daftar Pustaka : 86 (2005-2026)

Kata Kunci : Anemia, Asupan protein, Asupan zat besi, Asupan vitamin C, Kepatuhan konsumsi tablet tambah darah.

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, 23rd July 2026

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THE ASSOCIATION OF NUTRIENT INTAKE (PROTEIN, IRON, AND VITAMIN C) AND ADHERENCE TO IRON SUPPLEMENTATION TABLET CONSUMPTION WITH ANEMIA STATUS AMONG THIRD-TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF BELIMBING PUBLIC HEALTH CENTER, PADANG.

xiii + 92 pages, 26 tables, 4 pictures, 8 appendices

ABSTRACT

Objective

This study aimed to determine the association between nutrient intake (protein, iron, and vitamin C) and adherence to iron and folic acid (IFA) tablet consumption with anemia status among third-trimester pregnant women in the working area of Belimbing Public Health Center, Padang.

Method

This quantitative study employed a cross-sectional design involving 77 third-trimester pregnant women selected using the consecutive sampling technique. Nutrient intake data were collected using a *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), adherence to IFA tablet consumption was assessed through interviews using a structured questionnaire, and anemia status was determined based on hemoglobin levels measured using a *Zybio Hematology Analyzer*. Data were analyzed using univariate analysis and bivariate analysis using the Chi-square test.

Result

The results showed that 67.5% of the third-trimester pregnant women were anemic, 63.6% had inadequate protein intake, 58.4% had inadequate iron intake, 24.7% had inadequate vitamin C intake, and 54.5% were non-adherent to IFA tablet consumption. Bivariate analysis showed that protein intake (POR = 33,75; 95% CI = 8,89-128,02), iron intake (POR = 13,33; 95% CI = 4,12-43,10), vitamin C intake (POR = 5,58; 95% CI = 1,17-26,49), and adherence to IFA tablet consumption (POR = 4,01; 95% CI = 1,45-11,08) were significantly associated with anemia status among third-trimester pregnant women.

Conclusion

There were significant associations between nutrient intake (protein, iron, and vitamin C) and adherence to IFA tablet consumption and anemia status among third-trimester pregnant women in the working area of Belimbing Public Health Center, Padang.

References : 86 (2005-2026)

Keywords : Anemia, Protein intake, Iron intake, Vitamin C intake, Adherence to iron and folic acid (IFA) tablet consumption.