

ABSTRAK

Latar belakang dan tujuan: Tingginya prevalensi anemia pada Wanita Usia Subur (WUS) mencapai 22,7%. Upaya pemerintah menanggulangi anemia melalui program pemberian Tablet Tambah Darah (TTD) belum menurunkan prevalensi anemia. Cakupan Fe (1) dan Fe (3) ibu hamil di Puskesmas Tambakrejo Surabaya hanya mencapai 64,22% dan 61,80%. Efek samping konsumsi TTD menyebabkan ibu merasa kurang nyaman. Faktor tersebut dapat mempengaruhi persepsi ibu dalam pengambilan keputusan. Persepsi ibu prakonsepsi dapat diketahui dengan alat ukur berupa *Health Belief Model* (HBM). Penelitian ini bertujuan untuk menganalisis hubungan antara HBM dengan intensitas konsumsi suplemen tambah darah pada ibu prakonsepsi di Puskesmas Tambakrejo. **Metode :** penelitian ini menggunakan metode analitik observasional dengan rancangan penelitian *cross sectional*. Jumlah sampel sebanyak 37 ibu prakonsepsi di wilayah kerja Puskesmas Tambakrejo. Teknik pengambilan sampel menggunakan *random sampling*. Variabel bebas terdiri dari persepsi kerentanan, derajat keparahan, ancaman, manfaat, hambatan, dan kemampuan diri. Variabel terikat adalah intensitas konsumsi suplemen TTD pada ibu prakonsepsi. Penelitian ini menggunakan instrument berupa kuesioner. Analisis data menggunakan uji *Mc-Nemar*. **Hasil :** Sebagian besar ibu prakonsepsi memiliki persepsi cukup terhadap kerentanan (62,2%), derajat keparahan (54,1%), dan ancaman (56,8%) penyakit anemia, serta manfaat, hambatan, dan kemampuan diri dalam mengkonsumsi suplemen TTD sebesar 54,1%. Sebagian besar (35,1%) ibu prakonsepsi memiliki intensitas lemah dalam mengkonsumsi suplemen TTD. Analisis uji *Mc-Nemar* menunjukkan *p value* < 0,05). **Kesimpulan:** ada hubungan antara persepsi kerentanan, derajat keparahan, ancaman, manfaat, hambatan, dan kemampuan diri dengan intensitas konsumsi suplemen TTD pada ibu prakonsepsi.

Kata Kunci : Persepsi, Intensitas, TTD, Ibu prakonsepsi

ABSTRACT

Background and Objective: The high prevalence of anemia in women of childbearing age reaches 22.7%. The government effort in overcoming that issue through the giving of blood tablets (*Tablet Tambah Darah* or TTD) seems to have not reduced the prevalence of anemia. The content of Fe (1) and Fe (3) of the pregnant women in Tambakrejo Public Health Center, Surabaya only amounts to 64.22% and 61.80%. Consuming blood tablets makes the mothers feel uncomfortable. These factors can influence the mother's perception in making a decision. The perception of pre-conception mothers can be known by using a measuring instrument in the form of the Health Belief Model (HBM). This study aimed to analyze the relationship between HBM and the intensity of blood tablets consumption in pre-conception mothers at Tambakrejo Public Health Center.

Methods: This study used an observational analytic method with a cross-sectional study design. The samples were 37 pre-conception mothers in the working area of Tambakrejo Public Health Center. The samples were collected through random sampling technique. In this study, the independent variables consisted of sensitivity, severity, threats, benefits, obstacles, and self-abilities. Meanwhile, the dependent variable was the intensity of blood tablets consumption in pre-conception mothers. This study also used questionnaires as an instrument. As for the data analysis, it was done using the Mc-Nemar test.

Results: Most pre-conception mothers have sufficient perceptions of susceptibility (62.2%), severity (54.1%), and threats (56.8%) of anemia as well as the benefits, barriers, and self efficacy to consume blood tablets (54.1%). Besides that, most of the pre-conception mothers (35.1%) have a weak intensity in consuming blood tablets. The Mc-Nemar test showed a p-value <0.05).

Conclusion: There was a relationship between the perceptions of susceptibility, severity, threats, benefits, barriers, and self efficacy and the intensity of blood tablets consumption on pre-conception mothers.

Keywords: Perception, Intensity, TTD, Pre-conception mothers