

**PENGARUH RIWAYAT KONSUMSI TABLET TAMBAH DARAH (TTD)  
PADA IBU HAMIL TERHADAP KEJADIAN STUNTING DI PUSKESMAS  
BAJENG**

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**ABSTRAK**

**Latar belakang :** Stunting didefinisikan oleh WHO sebagai kondisi dimana anak mengalami keterlambatan pertumbuhan akibat pola makan yang buruk atau infeksi berulang yang ditandai dengan panjang/tingginya di bawah  $-2$  SD berdasarkan standar pertumbuhan anak WHO. Stunting adalah masalah yang sedang berlangsung di banyak negara berpenghasilan rendah dan menengah. Hasil Riskesdas 2018 menunjukkan angka stunting di Indonesia sebanyak 30,8%, dan menurut hasil Survei Status Gizi Indonesia (SSGI) 2022 sebanyak 21,6%. Beberapa balita yang mengalami stunting mungkin mengalami kesulitan dalam mencapai perkembangan fisik dan kognitif yang optimal. Selain itu, kerusakan akibat stunting dapat berlangsung seumur hidup dan mempengaruhi generasi selanjutnya. Antisipasi awal balita stunting dapat dilakukan dengan melahirkan bayi dengan berat badan normal atau tidak BBLR. Salah satu faktor penyebab terjadinya BBLR yaitu ibu yang anemia. Penyebab utama terjadinya anemia pada ibu hamil adalah akibat kekurangan zat besi. Pemberian tablet tambah darah sebagai salah satu upaya penting dan merupakan cara yang efektif karena dapat mencegah dan menanggulangi anemia akibat kekurangan zat besi sehingga dapat mengantisipasi terjadinya stunting pada anak

**Tujuan :** Untuk mengetahui apakah ada pengaruh kepatuhan konsumsi tablet tambah darah terhadap kejadian stunting di Puskesmas Bajeng

**Metode :** Jenis penelitian ini menggunakan metode observasional analitik dengan desain penelitian *cross sectional*

**Hasil :** Pada hasil uji Chi Square terdapat hubungan signifikan antara riwayat konsumsi tablet tambah darah pada ibu hamil terhadap kejadian stunting di Puskesmas Bajeng, dimana  $p\text{-value} = 0.017$  ( $p < 0,05$ ; significant)

**Kesimpulan :** Terdapat hubungan yang signifikan antara kepatuhan konsumsi tablet tambah darah pada ibu hamil terhadap kejadian stunting di Puskesmas Bajeng

**Kata kunci :** Stunting, Tablet Tambah Darah, Kepatuhan, Ibu Hamil

**THE EFFECT OF HISTORY OF FE SUPPLEMENTATION IN  
PREGNANT WOMEN ON THE INCIDENCE OF STUNTING**

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**ABSTRACT**

**Background:** Stunting is defined by the WHO as a condition in which children experience delayed growth due to poor diet or recurrent infections characterized by length/height below -2 SD based on WHO child growth standards. Stunting is an ongoing problem in many low- and middle-income countries. The results of the 2018 Riskesdas show that the stunting rate in Indonesia is 30.8%, and according to the results of the 2022 Indonesian Nutrition Status Survey (SSGI) it is 21.6%. Some stunted toddlers may have difficulty in achieving optimal physical and cognitive development. In addition, the damage caused by stunting can last a lifetime and affect the next generation. Early anticipation of stunting can be done by giving birth to babies with normal weight or not LBW. One of the factors causing LBW is anemic mothers. The main cause of anemia in pregnant women is due to iron deficiency. Giving blood supplement tablets as one of the important efforts and is an effective way because it can prevent and overcome anemia due to iron deficiency so that it can anticipate stunting in children.

**Objective:** To determine whether there is an effect of compliance with the consumption of blood supplement tablets on the incidence of stunting at the Bajeng Health Center.

**Methods:** This type of research uses an analytic observational method with a cross sectional research design.

**Results:** In the Chi Square test results, there is a significant relationship between the history of consumption of blood supplement tablets in pregnant women and the incidence of stunting at the Bajeng Health Center, where the p-value = 0.017 ( $p < 0.05$ ; significant).

**Conclusion:** There is a significant relationship between compliance with consumption of blood supplement tablets in pregnant women and the incidence of stunting at the Bajeng Health Center.

**Keywords:** Stunting, Blood Addition Tablet, Compliance, Pregnant Women