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**Peran Keluarga Dalam Pengawasan Minum Tablet Fe Pada Ibu Hamil Di
Desa Tanjung Rejo Kec. Percut Sei Tuan**

ABSTRAK

Latar Belakang : Anemia pada ibu hamil merupakan salah satu masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu maupun bayi. Pemberian tablet Fe menjadi salah satu upaya pencegahan, namun kepatuhan ibu hamil masih dipengaruhi oleh dukungan keluarga. Penelitian ini **bertujuan** untuk mengetahui secara mendalam peran keluarga dalam pengawasan konsumsi tablet Fe pada ibu hamil di Desa Tanjung Rejo Kec. Percut Sei Tuan. **Jenis penelitian** yang digunakan adalah kualitatif dengan pendekatan deskriptif, dengan jumlah informan sebanyak 12 orang dan ditetapkan 7 orang sebagai responden utama melalui teknik purposive sampling. Data diperoleh melalui wawancara mendalam dan observasi, kemudian dianalisis dengan metode analisis tematik. **Hasil** penelitian menunjukkan bahwa keluarga berperan dalam memberikan dukungan moral, mengingatkan jadwal konsumsi tablet, membantu mengatasi keluhan efek samping, serta menjadi motivator bagi ibu hamil. Namun, terdapat kendala berupa keterbatasan pengetahuan keluarga tentang manfaat tablet Fe dan rendahnya kesadaran terhadap dampak anemia. **Kesimpulannya**, peran keluarga sangat penting dalam meningkatkan kepatuhan ibu hamil mengonsumsi tablet Fe, sehingga keterlibatan keluarga perlu diperkuat melalui edukasi dan penyuluhan kesehatan.

Kata Kunci: peran keluarga, pengawasan, tablet Fe, ibu hamil, anemia.

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***The Role of Families in Supervising Iron Tablet Consumption in
Pregnant Women in Tanjung Rejo Village, Percut Sei Tuan District***

ABSTRACT

Background : Anemia remains one of the major health problems among pregnant women, contributing significantly to the increased risk of pregnancy complications, childbirth problems, and even maternal and infant mortality. One of the important interventions provided by health workers is iron (Fe) supplementation. However, the level of adherence of pregnant women in consuming Fe tablets is not only influenced by individual factors, but is also closely related to family support and supervision. **This study aims** to explore in depth the role of families in supporting and supervising pregnant women to routinely consume Fe tablets in Tanjung Rejo Village. **This research** employed a qualitative descriptive approach. The study involved 12 informants, of which 7 were selected as the main respondents through purposive sampling. Data were collected through in-depth interviews and participatory observation, and then analyzed using thematic analysis to identify patterns of family roles in monitoring Fe tablet consumption. **The findings** reveal that families play diverse roles in supporting pregnant women. These include reminding them of their medication schedule, providing motivation, and assisting in managing side effects experienced by the mother. Furthermore, several families actively served as direct supervisors and sources of moral encouragement. Nevertheless, the study also identified challenges, such as limited family knowledge regarding the benefits of Fe tablets and a lack of awareness of the risks associated with anemia during pregnancy. In conclusion, family involvement significantly contributes to the adherence of pregnant women in consuming Fe tablets. **Therefore**, health education that engages families is essential to optimize efforts in preventing anemia during pregnancy.

Keywords: family role, supervision, Fe tablets, pregnant women, anemia.