ABSTRAK

Kekurangan zat gizi mikro pada masa kehamilan dapat meningkatkan risiko anemia, kelahiran bayi dengan berat badan lahir rendah, stunting, serta berbagai komplikasi pada ibu dan janin. Pemberian *Multiple Micronutrient Supplement* (MMS) menjadi salah satu strategi dalam memenuhi kebutuhan mikronutrien selama kehamilan. Kebermanfaatan MMS dipengaruhi oleh ketaatan ibu hamil dalam mengonsumsinya, pengetahuan menjadi salah satu faktor yang memengaruhi kondisi tersebut. Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan dengan kepatuhan konsumsi MMS pada ibu hamil.

Jenis penelitian ini adalah analitik korelasional dengan desain *cross-sectional*. Lokasi penelitian berada di UPT Puskesmas Ibrahim Adjie pada 107 ibu hamil yang dipilih melalui teknik *consecutive sampling*. Pengambilan data dilalukan dengan kuesioner pengetahuan serra kepatuhan konsumsi MMS yang telah dinyatakan valid dan reliabel.

Karakteristik responden didominasi kelompok usia 20–35 tahun (84,1%), berpendidikan SMA (71%), tidak bekerja (74,8%), status multigravida (69,2%), dan berada pada trimester II kehamilan (51,4%). Sebanyak 44 responden (41,4%) tergolong berpengetahuan baik, sementara dari segi kepatuhan, 74 responden (69,2%) termasuk karegori patuh. Analisis uji bivariat menunjukkan nilai p-value sebesar 0,001 ($p<0,05$).

Hasil penelitian ini, terdapat hubungan antara tingkat pengetahuan dengan kepatuhan konsumsi MMS pada ibu hamil. Peningkatan edukasi mengenai MMS perlu ditingkatkan secara berkelanjutan serta didukung dengan strategi pengingat konsumsi untuk mendukung kepatuhan konsumsi MMS selama kehamilan.

Kata kunci: pengetahuan, kepatuhan, *Multiple Micronutrient Supplement* (MMS)

ABSTRACT

Micronutrient deficiency during pregnancy can increase the risk of anemia, low birth weight infants, stunting, as well as various complications in the mother and fetus. The provision of Multiple Micronutrient Supplements (MMS) is one of the strategies to meet micronutrient needs during pregnancy. The benefits of MMS are influenced by pregnant women's adherence in consuming it, with knowledge being one of the factors that influences this condition. This study aims to analyze the relationship between knowledge and adherence to MMS consumption among pregnant women.

This research is an analytical correlational study with a cross-sectional design. The research location was at the UPT Puskesmas Ibrahim Adjie, involving 107 pregnant women selected through consecutive sampling technique. Data collection was carried out using a knowledge questionnaire and an MMS consumption adherence questionnaire that had been declared valid and reliable.

Respondent characteristics were dominated by the 20–35 years age group (84.1%), high school education level (71%), unemployed status (74.8%), multigravida status (69.2%), and second trimester of pregnancy (51.4%). A total of 44 respondents (41.4%) were categorized as having good knowledge, while in terms of adherence, 74 respondents (69.2%) fell into the adherent category. Bivariate analysis showed a p-value of 0.001 ($p<0.05$).

The results of this study indicate that there is a relationship between the level of knowledge and adherence to MMS consumption among pregnant women. Education regarding MMS needs to be continuously improved and supported with consumption reminder strategies to support adherence to MMS consumption during pregnancy.

Keywords: Knowledge, Adherence, Multiple Micronutrient Supplement (MMS)