THE RELATIONSHIP BETWEEEN KNOWLEGDE OF PREGNANT WOMEN WHO HAVE ANEMIA AND COMPLIENCE WITH CONSUMING FE TABLETS AT RIMENDA'S CLINIC MEDAN CITY

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ABSTRACT

Background: Almost half or as many as 48.9% of pregnant women in Indonesia suffer from anemia or lack of blood (Riskesdas, 2014). Based on the results of data from the Basic Health Research (Riskesdes) in 2018, the proportion of pregnant women who experienced anemia increased, compared to the results in 2013 which was 37.1%. From the data in 2018, the highest number of pregnant women who experienced anemia was at the age of 15-24 years at 84.6%, aged 25-34 years at 33.7%, 35-44 years old at 33.6%, and age 45 -54 by 24%. In addition, for women of childbearing age who were not pregnant, 20.8% in 2013 decreased to 14.5% in 2018. The prevalence of anemia and the risk of chronic energy deficiency in women in the suburbs greatly affects the condition of their children when they rise (Ministry of Health, 2014).

Methods: This study used non-probability sampling with sampling using total sampling. Data collection Using interview techniques and checklists. The data analysis used was univariate analysis with presentation and bivariate analysis with Chi-Square test.

Conclusion: The conclusion in this study obtained significant results between the knowledge of pregnant women with aneemia and compliance with consuming Fe tablets at the Rimenda Br. Tarigan Clinic, Medan Denai District in 2019.

Keywords: Knowledge, Compliance, Fe Tablets

Background

Anemia is one of the indirect causes of death for pregnant women. The maternal mortality rate (MMR) in Indonesia is the highest compared to other ASEAN countries. Women who died due to complications during pregnancy and childbirth experienced a decrease in 2015 by 289,000 people. The target of reducing maternal mortality is by 75% between 1990 and 2015 (WHO, 2016).

One of the components of health care for pregnant women is the provision of iron as much as 90 tablets (Fe). Iron is a mineral the body needs to form red blood cells (hemoglobin). During pregnancy, iron intake must be increased considering that during pregnancy, the volume of blood in the mother's body increases. So, to be able to continue to meet the needs of the mother and oxygen to the fetus through the placenta, more iron intake is needed (Kemenkes RI, 2015).

The noncompliance of pregnant women taking Fe tablets can reflect how big the chances of getting anemia are. Providing information about anemia will increase their knowledge about anemia, because knowledge plays a very important role so that pregnant women can adhere to taking Fe tablets.

One of the efforts made to reduce the prevalence of anemia is by giving 90 tablets of Fe tablets during pregnancy. The percentage of coverage of pregnant women who received 90 iron tablets in North Sumatra in 2016 amounted to 73.31%, this decreased compared to 2015 which was 80.13% or there was a decrease of 6.82%. With the coverage presentation, the coverage of iron tablets during pregnancy has not been able to reach the national target set at 80% (Health Profile of North Sumatra, 2016).

In consuming iron tablets at the Private Practice Midwife Cut Maryamah

Triggadeng in 2012 (Safarina, 2012) that there is a relationship between mothers who do not consume Fe tablets or do not comply with or consume Fe tablets which increase the risk of developing health problems or prolonging and worsening the pain suffered, and pregnant women who adhere to consuming iron (Fe tablets) can prevent anemia in pregnancy.

Based on a preliminary survey conducted at the Rimenda Br. Tarigan clinic there were 10 women who had anemia, of the 10 pregnant women, there were 3 people who had sufficient knowledge about anemia and the importance of consuming Fe tablets, and 7 people who lacked knowledge and did not know its importance. consuming Fe tablets, so from here I am interested in taking the title "The Relationship between Pregnant Women Knowledge About Mild Anemia and compliance in consuming Fe tablets at the Clinic Rimenda Br.Tarigan".

Methods

The research design is an analytic survey with a cross sectional approach which is a study of the relationship between two variables in a situation or a group of subjects conducted to see the relationship between other variables (Notoadmodjo, 2010). which aims to determine the relationship between the knowledge of anemia pregnant women with the necessity of consuming Fe tablets at the Rimenda Br Tarigan Clinic, Medan Denai District, Medan City.

The population in this study were all pregnant women who had mild anemia, and pregnant women who had mild anemia, while the population obtained was 35 people. This study uses non-probability sampling with sampling using total sampling. The total sampling technique, namely sampling was carried out by taking all respondents of pregnant women who had anemia and who had experienced anemia in March-June 2019. Bivariate analysis was carried out on 2 (two) variables to determine the relationship of 2 (two)

variables. The analysis technique used is the chi square test.

Result

Table 4.1 Distribution of Characteristics of Respondents at the Rimenda Br. Tarigan

No	Variabel	Total	Percentage(%)
	Age		
1	<20	12	34,28
2	20-35	15	42,86
3	35>	8	22,86
	Total	**35**	**100%**
	Education		
1	Primary school	16	45,71
2	Junior high school	6	17,14
3	High school	7	20
4	College	6	17,14
	Total	**35**	**100%**
	Profession		
1	Work	15	42,86
2	Freelance	20	57,14
	Total	**35**	**100%**

In Table 4.1, it can be seen that the age of respondents 20-35 years old is 42.86%, age <20 years is 34.28% and age is at least 35> years old at 22.86%. Furthermore, based on the level of education, it is known that the primary education level dominates in this study which is 45.71%, the high school education level is 20% and the lowest education level is SMP and PT at 17.14%.

Furthermore, based on work, it is known that respondents who do not work dominate in this study, namely by 57.14% and respondents who do not work by 20%.

Table 4.2 Distribution of Respondents based on compliance with consuming Fe Tablets at the Rimenda Br. Tarigan

Obey	Total	Percentage(%)
Obey	13	37,14
Not obey	22	62,86
Total	**35**	**100%**

Based on Table 4.2, it can be seen that the number of respondents who consumed

Fe tablets was 37.14% and respondents who were not compliant in consuming Fe tablets were 62.86%.

Table 4.3 Distribution of Respondents Based on Mother's Knowledge About Anemia at the Rimenda Br. Tarigan

Knowlegde	Total	Percentage(%)
Good	8	35,3
Enough	12	34,28
Less	15	42,86
Total	**35**	**100**

Based on Table 4.3, it can be seen that the characteristics of respondents are based on the mother's knowledge of anemia. It is known that respondents who have less knowledge are the most dominant at 42.86%, 34.27% have sufficient knowledge and those who have good knowledge are 35.3%.

Table 4.4 Distribution of Cross Frequency Based on Knowledge of Pregnant Women with Compliance in Consuming Fe tablets at the Clinic Rimenda Br. Tarigan

No	Knowlegde	Compliance with Fe Tablet Consumption						Chi-Square
		Not obey		Obey		Total		
		F	%	F	%	F	%	
1.	Good	0	0	8	22,86	8	22,86	
2.	Enough	7	20	5	14,28	12	34,28	0,000
3.	Less	15	42,86	0	0	15	42,86	
	Total	22	62,86	19	54,29	35	100	

Based on table 4.4, Respondents' knowledge in knowing more Fe tablets is less knowledge, namely 15 (42.85%) higher than Sufficient knowledge 7 (20%). From the Chi-square results obtained p value = 0.000, there is a relationship between knowledge of pregnant women who have anemia with compliance with consuming Fe tablets.

Discussion

From the research conducted, it can be seen that there were 12 respondents aged <20 years (34.28%), 20-35 years old there were 15 respondents (42.86%) and those aged 25> years there were 18 respondents (22.86 %). According to Soekanto (2000) in Utami's research, Wahyu Tri and Dwi Anita

Apriastuti (2013) that 20-40 years of age have a mature emotional status so that their ability to capture and process information is quite good, this can be seen from knowledge (good and sufficient) of the respondents about the benefits of Fe tablet was quite high, namely 72.54%.

Based on the test results in Table 4.4, it is known that there is a relationship between the knowledge of pregnant women about anemia and compliance in consuming Fe tablets, namely with a value of 0.000 <0.05, so that the hypothesis in this study is accepted. The results of this study are in line with research conducted by (Manoe, 2010) which states that there is a relationship between maternal knowledge about anemia and maternal compliance in consuming Fe tablets in the work area of the Alalak Tengah Community Health Center, Banjarmasin City.

Then based on research (Erwin, Machmud, & Utama, 2013) it was found that there was a relationship between knowledge and compliance of mothers in consuming Fe tablets. The results of this study are in line with research conducted by (Ramawati, 2008) which shows that knowledge is one of the factors related to the compliance of pregnant women in consuming Fe tablets.

Then based on research (Putri W. D, 2017) which shows that knowledge is one of the factors related to the compliance of pregnant women in consuming Fe tablets. Furthermore, based on research (Ichsan, Burhannudin, 2012) said that the knowledge possessed by pregnant women about health in pregnancy can help in caring for the health of pregnant women themselves and their contents properly and accordingly, including in terms of choosing the type of food consumed during pregnancy so that it can have a negative impact. in mothers and babies, this means that there is a relationship between mothers and their adherence to consuming Fe tablets.

According to (Sugeng Triyani, 2016) the factor that affects compliance is lack of knowledge, and explains that there is a

relationship between the knowledge of pregnant women about anemia and adherence to consuming Fe tablets at Karangdowo Klaten health center which explains that there is a relationship between compliance with consuming Fe tablets and knowledge of pregnant women with anemia.

The impact of anemia in pregnancy is that miscarriage can occur. The impact of anemia in childbirth is premature birth, uterine inertia, uterine atony, prolonged labor, atonic bleeding and birth with LBW (Low Birth Weight) with a weak baby.

Conclusion

Based on the results of research on the Knowledge Relationship of pregnant women who have anemia with adherence to consuming Fe tablets at the Rimenda Br. Tarigan Clinic, Medan Denai District in 2019, it can be concluded as follows:

1. Based on the characteristics of the respondents, amounting to 35 respondents, it is known that the age of the respondents 20-35 years old dominates, namely by 42.86% ,. The level of education, it is known that the primary education level dominates in this study, which is 45.71%. Furthermore, based on work, it is known that respondents who do not work dominate in this study, namely 57.14%.
2. From the 35 respondents who were compliant with consuming iron tablets, 13 were obedient (37.14%).
3. From the research results, of the 35 respondents who had less knowledge, 15 respondents (42.86%).
4. There is a correlation between Knowledge of Anemic Pregnant Women and Compliance with consuming Fe tablets at the clinic Rimenda Br. Tarigan, Kec. Medan Denai in 2019.

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