

## FACTORS ASSOCIATED WITH COMPLIANCE IN PREGNANT WOMEN TAKING FE TABLET IN PUSKESMAS KUTA BAHARU, KOTA BAHARU DISTRICT, ACEH SINGKIL DISTRICT 2023

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### ABSTRACT

Pregnant women are the result of fertilization from sperm which causes the mother to carry a fetus in her womb, namely in her uterus. In this study the number of samples based on the formula with the total population and samples totaled 37 samples. Sampling using slovin formula.

The results showed that there was a relationship between knowledge and adherence to consuming Fe tablets in pregnant women with a p-value of 0.001 <0.05, the role of health workers with a p-value of 0.009 <0.05, family support with a p-value of 0.006 <0.05 and ANC with a p-value of 0.002 <0.05 associated with adherence to consuming Fe tablets in pregnant women.

There is a relationship between knowledge and adherence to consuming Fe tablets in pregnant women with a p-value of 0.001 <0.05. There is a relationship between the role of health workers and adherence to consuming Fe tablets in pregnant women with a p-value of 0.009 <0.05.

**Keywords:** *ANC, Compliance, Family Support, Health Workers, Knowledge*

### INTRODUCTION

Pregnant women are the result of fertilization from sperm which causes the mother to carry a fetus in her womb, namely in her uterus. For expectant mothers, this pregnancy is something to look forward to or something valuable because there will be many changes both physically and psychologically for the mother. Women during pregnancy will need more nutrition than before pregnancy because the mother does not only fulfill nutrition for herself but also for her fetus. Pregnant women will usually experience additional nutrients except for protein and minerals such as iron in the body which often experience a decrease (Mulyani, 2017).

According to a 2014 WHO and UN International Children's Emergency

Fund (UNICEF) estimate in an Azinar discussion, that 529,000 women still die every year from complications of their pregnancy, and nearly 90% of these deaths occur in sub-Saharan Africa. and Asia. Obstetric complications continue to be the leading cause among women of childbearing age, far ahead of tuberculosis, suicide, sexually transmitted diseases or AIDS. While developed countries have made great progress in reducing the enormous mortality associated with pregnancy, women in developing countries continue to face very high risks of death and disability as a result of pregnancy. A woman's risk of dying from pregnancy or childbirth during her lifetime is about 1 in 6 in the poorest parts of the world compared

tto about 1 in 30,000 in Sweden. (Sumarmi, 2017).

The causes of maternal mortality are pregnancy, childbirth, and do not include accidents or falls and so on in 100,000 live births (Ministry of Health RI, 2015). Indonesia in 2012 according to IDHS, the number of MMR reached 359/100,000 live births, and SUPAS data in 2015 the number of MMR also reached 305 per 100,000 live births. However, Indonesia is still categorized as a failure or has not succeeded in achieving the target set at number 5 MDGs in 2015 because the MDGs set a target of reducing up to  $\frac{3}{4}$  the risk of maternal death for each country to 102 per 100,000 live births in 2015.

Based on the background of the problems above, this prompted researchers to conduct research with the title "Factors Associated with Compliance of Pregnant Women in Consuming Fe Tablets at UPTD Puskesmas Kuta Baharu, Kota Baharu District, Aceh Singkil Regency in 2023". With the aim of this study to find out the factors related to the compliance of pregnant women in consuming Fe tablets at the UPTD Kuta Baharu Health Center, Kota Baharu District, Aceh Singkil Regency in 2023.

## METHODS

This research uses a type of quantitative analytic research with a research design used in the form of a cross sectional approach.

The population of pregnant women in the UPTD Kuta Baharu Health Center, Kota Baharu District, Aceh Singkil Regency is 95 pregnant women. The number of pregnant women in third trimester is 37 people, in second trimester is 35 pregnant women, and in first trimester is 21 pregnant women. The number of pregnant women who were not willing with the reason of returning home and no network was 2

pregnant women. So, the actual sample size is  $95-35-21-2 = 37$  pregnant women.

## RESULTS AND DISCUSSION

### 1. Correlation Between Knowledge and Adherence to Consuming Fe Tablets in Pregnant Women

Frequency of Respondents		Compliance				Total	P-Value	
		Obedient		Obedient Not				
		N	%	N	%			N
Knowledge	Good	3	30	10	11	27	100	0,001
	Less	27	89	27	70	10	100	
<b>Total</b>		<b>37</b>	<b>73</b>	<b>37</b>	<b>37</b>	<b>37</b>	<b>100</b>	

Table 1. Correlation Between Knowledge and Adherence to Consuming Fe Tablets

The results of the statistical test of the chi-square test showed that the p-value was  $0.001 < 0.05$ , which means that there is a relationship between knowledge and adherence to taking Fe tablets in pregnant women.

Knowledge is part of a person's behavior, the beginning of someone taking an action is usually caused by someone's knowledge of what to do. This shows that someone who is equipped with good knowledge will influence his actions and these changes will last longer. The wider a person's knowledge, the easier it is for people to make changes in their actions

### 2. The Relationship between the Role of Health Workers and Compliance with Consuming Fe Tablets in Pregnant Women

Frequency of Respondents	of	Compliance				Total	P-Value	
		Obedient		Obedient not				
		N	%	N	%			N
Officer role	Positive	19	90,5	2	9,5	21	100	0,009
	Negative	8	50	8	50	16	100	
<b>Total</b>		<b>27</b>	<b>73</b>	<b>10</b>	<b>27</b>	<b>37</b>	<b>100</b>	

Table 2. Relationship between the Role of Health Workers and Compliance with Consuming Fe Tablets

The results of the statistical test of the chi-square test showed that the p-value was  $0.009 < 0.05$ , which means that there is a relationship between the role of health workers and adherence to consuming Fe tablets in pregnant women.

Health workers play an important role in the level of adherence of pregnant women in consuming Fe tablets. Health workers include:

As a communicator, the officer provides clear information to the patient. Provision of information is needed to condition the lack of public knowledge about health and disease. As a motivator, the officers asked about the adherence of pregnant women to taking Fe tablets in accordance with the provisions and sufficient availability. Listen to the complaints conveyed by the mother with full moral support during her pregnancy. As a facilitator for clients to achieve optimal health.

### 3. The Relationship between Family Support and Adherence to Consuming Fe Tablets in Pregnant Women

Frequency of Respondents	of	Compliance				Total	P-Value
		Obedient		Obedient not			
		N	%	N	%		
Family Support	Positive	20	90,9	2	9,1	22	0,006
	Negative	7	46,7	8	53,3	15	
<b>Total</b>		<b>27</b>	<b>73</b>	<b>10</b>	<b>27</b>	<b>37</b>	<b>100</b>

Table 3. Relationship between Family Support and Adherence to Consuming Fe Tablets

The results of the statistical test of the chi-square test showed that the p-value was  $0.006 < 0.05$ , which means that there is a relationship between family support and adherence to consuming Fe tablets in pregnant women.

According to research conducted in his research on the relationship between

family support and nutritional status with the incidence of anemia in pregnant women in the work area of the Ladja Health Center, Ngada district, NTT, stated that there was no significant relationship between husband's support and the incidence of anemia in pregnant women. Because based on the field survey he conducted, there were 31 pregnant women respondents who received less husband support and did not experience anemia, but these results were in contrast to research conducted.

Concerning husband support for pregnant women with anemia status at the Sedayu I Public Health Center and Sedayu II and also research conducted by regarding the relationship between ANC frequency, husband's support, work and the incidence of anemia in pregnant women, which states that there is a significant relationship between husband's support and the incidence of anemia in pregnant women. The form of support provided can be in the form of informative, emotional attention, instrumental assistance, and assessment. Meanwhile, sources of social support can be obtained from family, husband, people who have emotional ties, and basically everyone needs support in carrying out or creating an action of behavior, including pregnant women.

### 4. The Relationship between ANC and Adherence to Consuming Fe Tablets in Pregnant Women.

Frequency of Respondents		Compliance				Total	P-Value
		Obedient		Obedient not			
		N	%	N	%		
ANC	In accordance	25	86,2	4	13,8	29	0,002
	it is not in accordance with	2	25	6	75	8	
<b>Total</b>		<b>27</b>	<b>73</b>	<b>10</b>	<b>27</b>	<b>37</b>	<b>100</b>

Table 4. Relationship between ANC and Adherence to Consuming Fe Tablets

The results of the statistical test of the chi-square test showed that the p-value was  $0.002 < 0.05$ , which means there is a relationship between ANC and adherence

to consuming Fe tablets in pregnant women.

Based on the policy of the Ministry of Health, during pregnancy the frequency of ANC visits for pregnant women should be made at least four times. Mothers don't regularly do ANC because many pregnant women have just checked their pregnancies in the second and third trimesters. Based on the results of the relationship analysis that has been carried out, it shows that there is a significant relationship between the regularity of ANC visits. From this study it is also known that respondents who do not regularly make ANC visits have a greater chance of anemia than respondents who regularly make ANC visits.

#### CONCLUSION

1. There is a relationship between knowledge and adherence to consuming Fe tablets in pregnant women with a p-value of  $0.001 < 0.05$ .
2. There is a relationship between the role of health workers and adherence to consuming Fe tablets in pregnant women with a p-value of  $0.009 < 0.05$ .
3. There is a relationship between family support and adherence to consuming Fe tablets in pregnant women with a p-value of  $0.006 < 0.05$ .
4. There is a relationship between ANC and adherence to consuming Fe tablets in pregnant women with a p-value of  $0.002 < 0.0$ .

#### SUGGESTION

1. For Health Instanti to improve health education, especially for pregnant women to comply with the consumption of Fe tablets.
2. For the community to increase their knowledge about the importance of

consuming Fe tablets, especially for pregnant women.

3. For future researchers, especially STIKes Mitra Husada Medan students, to develop this research variable.
4. For institutions to use the results of this research as an additional reference in the library as a guide for researchers at STIKes Mitra Husada Medan.

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