

RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE OF ANEMIA TO COMPLIANCE WITH CONSUMING Fe TABLETS IN UPT POLONIA HEALTH CENTER 2018

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ABSTRACT

Anemia in pregnant women is a problem that can threaten the condition of the mother and the fetus in the mother's womb. Anemia in pregnancy is a globalized problem. Judging from the magnitude of the problem, Anemia is the world's second leading cause of disability and thus one of the most serious public health problems. Based on data from the World Health Organization (WHO) in 2012, the prevalence of anemia in pregnant women in the world was 41.8%. The prevalence of anemia in pregnant women in Asia is 48.2%. This study aims to determine the relationship of knowledge of pregnant women about anemia and maternal compliance in consuming Fe tablets in the Polonia UPT in 2018. This study is a cross sectional analytic survey research. The population in this study was third trimester pregnant women at the Puskesmas Mamas. The number of samples in this study were taken in total sampling so that the sample numbered 32 people. The results obtained in this study the knowledge of pregnant women about anemia the majority of respondents had good knowledge of 14 people (43.8%), based on the respondents' compliance consuming Fe tablets the majority of respondents were obedient in consuming Fe tablets which were 22 people (68.8%). Based on bivariate analysis, there is a significant relationship between pregnant women's knowledge about anemia and adherence to consuming Fe tablets with a p value <of 0.05 (p = 0,000) in the Polonia UPT. It is hoped that health workers can provide information about anemia so that it can improve maternal compliance in consuming Fe tablets.

Keywords: Knowledge, Mother, Compliance, Fe Tablets

Pendahuluan

Anemia in pregnancy is a condition of the mother with hemoglobin levels below 11 grams in the first and third trimesters or levels below 10.5 grams in the second trimester. Anemia in pregnant women can have a negative impact on both the mother and the baby to be born. Anemia increases the risk of complications of antepartum and postpartum hemorrhage which, if not handled properly, will be fatal, because pregnant women with anemia cannot prevent blood loss. Anemia in pregnant women is a problem that can threaten the condition of the mother and the fetus in the mother's womb. Anemia in pregnancy is a globalized problem. Judging from the magnitude of the problem, Anemia is the world's second leading cause of disability and thus one of the most serious public health problems.^{1,2}

Based on the Ministry of Health Profile (2015) the five biggest causes of maternal death in Indonesia are bleeding (30.3%), hypertension in pregnancy (HDK) (27.1%), infections (7.3%), prolonged / obstructed labor (1 , 8%), and abortion (1.6%). According to Irianto (2014), that the high maternal mortality rate is closely related to anemia suffered during pregnancy. Of the five biggest AKI causes in Indonesia, four of them are impacts that occur when pregnant women experience anemia, namely bleeding, infection, prolonged / obstructed labor, and abortion.³

Based on data from the Ministry of Health (Kemenkes) in 2016 there were 350 mothers died per 100,000 people in Indonesia, an increase from 2015 where based on the 2015 Intercensal Population Survey (SUPAS), MMR recorded 305 305

maternal deaths per 100,000 live births. From the survey results above it still shows the high MMR in Indonesia whose achievements are still far from the target to be achieved according to SDGs (Sustainable Development Goals), namely reducing the MMR to below 70 per 100,000 KH.⁴

Anemia is one of the first indirect causes of maternal death, because anemia is a condition that arises before or during pregnancy which is exacerbated by physiological pregnancy.²

According to (Susenas and the Ministry of Health-Unicef Survey) in Indonesia it is reported that around 4 million pregnant women, half of them have nutritional anemia and one million have chronic energy shortages. Basic Health Research (Riskesdes) in 2013 the prevalence of anemia occurred in 50.1% of pregnant women in Indonesia, 36.4% of urban pregnant women and 37.8% of rural pregnant women.^{4,5}

One effort made to reduce the prevalence of anemia is by administering 90 (Fe) iron tablets during pregnancy. The percentage of coverage of pregnant women who received 90 iron tablets in North Sumatra in 2016 was 73.31%, this decreased compared to 2015 which was 80.13% or there was a decrease of 6.82%. With this coverage presentation, the coverage of providing iron tablets during pregnancy has not been able to reach the national target set at 80%.^{6,7}

Method

This study uses a descriptive correlational research design with cross sectional approach which is a study of the relationship between two variables in a situation or group of subjects which is conducted to see the relationship between one variable with another variable, which aims to determine the relationship of knowledge of pregnant women about Anemia for maternal adherence in consuming Fe tablets at UPT Puskesmas Polonia in 2018. The subject of this study

was pregnant women Trimester III in June-July 2018 at UPT Puskesmas Polonia. Sampling was done in total sampling as many as 32 people. Data collection was conducted by the researcher directly using primary data, namely a knowledge questionnaire about anemia in pregnancy and a questionnaire for pregnant women in consuming Fe tablets. The data obtained will be analyzed using the Chi Square test with the SPSS program.^{8,9,10}

Result

Tabel 4.1. Distribution of Respondent Characteristics at UPT Polonia Health Center in 2018

No	Variable	Total	Percentage (%)
Age			
1.	> 20 tahun	4	12,5
2.	20-35 tahun	7	21,9
3.	> 35 tahun	21	65,6
Total		32	100
Education			
1.	Primary school	8	25,0
2.	Junior high school	6	18,8
3.	High school	9	28,1
4.	College	9	28,1
Total		32	100
Profession			
1.	Housewife	15	46,9
2.	General employees	7	21,9
3.	Entrepreneur	9	28,1
4.	Government employees	1	3,1
Total		32	100

From table 4.1 it can be seen that respondents based on the age of majority of respondents aged > 35 years are 21 people (65.6%), based on education the majority of respondents have high school education and College which is 9 people (28.1%) and based on work the majority of respondents have jobs as housewife are as many as 15 people (46.9%).

Tabel 4.2 Distribution of Knowledge of Pregnant Women about anemia at UPT Polonia Health Center in 2018

No	Variable	Total	Percentage (%)
Knowledge			
1.	Good	14	43,8
2.	Enough	11	34,4
3.	Less	7	21,9
Total		32	100

From table 4.2 it can be seen that based on the knowledge of pregnant women about anemia the majority of respondents have good knowledge of 14 people (43.8%).

Tabel 4.3 Distribution of Compliance of respondents in consuming Fe tablets at UPT Polonia Health Center in 2018

Knowledge	Compliance consume tablets fe				Total	P value
	Obey		Not obey			
	N	%	N	%		
Good	14	43,8	0	0	14	43,8
Enough	7	21,9	4	12,5	11	34,4
Less	1	3,1	6	18,8	7	21,9
Total	22	68,8	10	31,2	32	100

From table 4.2 it can be seen that respondents' compliance with consuming Fe tablets the majority of respondents complied in consuming Fe tablets are 22 people (68.8%).

Tabel 4.4 Relationship Knowledge of pregnant women about anemia with adherence to consuming Fe tablets at UPT Puskesmas Ponolia in 2018

No	Variable	Total	Percentage (%)
Obedience			
1.	Obey	22	68,8
2.	Not obey	10	31,3
Total		32	100

Based on table 4.4 it can be seen that the majority of pregnant women who consume Fe tablets are those who have good

knowledge of 14 people (43.8%). The results of the Bivariate analysis stated that there was a relationship between the knowledge of pregnant women about anemia and adherence to consuming Fe tablets with a p value <of 0.05 (p = 0,000).

Discussion

Provision of information about anemia will increase about their knowledge about anemia, because knowledge plays a very important role so that pregnant women obediently drink iron.^{11,12}

The results of this study are in accordance with the opinion of ,which states that knowledge is a very important domain for the formation of one's actions. The formation of a person's behavior is determined by several internal factors, Including motivation, knowledge and perception of that person. According to the assumptions of researchers with good knowledge pregnant women will be more obedient in consuming Fe tablets so as to prevent anemia in pregnancy, in this case knowledge is very influential on maternal compliance in consuming Fe tablets compared to mothers who lack knowledge. Mother's knowledge about anemia which can not be influenced by education, low education will affect the absorption or acceptance of incoming information, for example information that is new to respondents known including Fe tablets, in addition, a person's education level will affect views on something that comes from outside. People who have higher education will give a more rational response compared to people who have little or no education. Information can be obtained from school and the surrounding environment the more information obtained by pregnant women about anemia, the more knowledge they have.¹³

Of the 32 respondents the majority of pregnant women who consumed Fe tablets were those who had good knowledge of 14 people (43.8%). The results of the Bivariate analysis stated that there was a relationship between the knowledge of pregnant women

about anemia and adherence to consuming Fe tablets with a p value <of 0.05 ($p = 0,000$). Maternal compliance may be influenced by the quality of interactions with health workers as Korsch & Negrete (1972, in Niven, 2009) argues, that the quality of interaction between health professionals and patients is an important part of determining the degree of compliance.

With the interaction that is often expected more and more information about anemia and iron tablets they get so that those who check more often are more likely to be obedient. In other words, health workers do have an important role in motivating pregnant women to be obedient in taking iron tablets.¹³

According to Niven, 2002 in Susanti, 2013 the definition of adherence in consuming Fe tablets is the observance of pregnant women implementing the advice of health workers to consume Fe tablets. Compliance with consuming Fe tablets is measured by the accuracy of the number of tablets consumed, the accuracy of how to consume Fe tablets, the frequency of consuming Fe tablets per day.^{13,14}

The results of the study were also obtained from interviews with Nakes at the Mamas Health Center that they always recommend that every pregnant woman who visits consume Fe tablets regularly and Nakes also provide information about the benefits and side effects of Fe tablets, but the limitations of Nakes is that they cannot monitor directly pregnant women in consuming Fe tablets.^{15,16}

Conclusion

Based on the knowledge of pregnant women about anemia the majority of respondents have good knowledge of 14 people (43.8%). Based on the compliance of respondents consuming Fe tablets, the majority of respondents complied in consuming Fe tablets, namely 22 people (68.8%).

Based on the relationship between knowledge of pregnant women about

anemia with adherence to consume Fe tablets, the majority of pregnant women who consume Fe tablets are those who have good knowledge, namely 14 people (43.8%). The results of the Bivariate analysis stated that there was a relationship between the knowledge of pregnant women about anemia and adherence to consuming Fe tablets with a p value <of 0.05 ($p = 0,000$).

It is expected that Health Workers can provide information or counseling in order to increase the knowledge of pregnant women about anemia so that it can improve maternal compliance in consuming Fe tablets. It is hoped that the Polonia UPT Puskesmas report this research can be used as input for Mamas Puskesmas to provide education and health education to the community, especially pregnant women regarding anemia and the importance of consuming Fe tablets regularly. It is hoped that further researchers can continue this research with different variables.¹⁷

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