

**FACTORS RELATED TO MOTHER'S NON-COMPLIANCE WITH
CONSUMPTING FE TABLETS IN PREGNANT WOMEN IN
JONTOR HEALTH CENTER SUBULUSSALAM CITY
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ABSTRACT

The standard for consuming Fe tablets in pregnant women has not yet been achieved, namely 60 Fe tablets per day during the second trimester, starting at 14 weeks of gestation, the third trimester starting at 28 weeks of gestation until the 40th week of pregnancy. Recommendations from the World Health Organization (WHO) This was then developed by the Indonesian Ministry of Health to a minimum of 90 tablets during pregnancy. This target was not achieved due to the mother's non-compliance in consuming Fe tablets, which resulted in the consumption of Fe tablets being taken not meeting the recommended amount.

Research method: this type of research is analytical with a cross sectional approach. The research was carried out from February to July 2023. The samples taken were 54 pregnant women in the second trimester and third trimester who had their pregnancies checked at the Community Health Center. The sampling technique uses accidental sampling. Data analysis was carried out using the chi-square test with a CI of 95% and significance was determined if (p value < 0.05). Data processing was carried out using SPSS.

Research results: obtained p value = 0.000, it is concluded that there is a relationship between knowledge and non-compliance with consuming Fe tablets. The p value = 0.000, so there is a relationship between attitude and non-compliance with consuming Fe tablets. The p value = 0.001 means there is a relationship between the role of health workers and non-compliance with consuming Fe tablets. The statistical test results obtained a p value = 0.000, so there is a relationship between family support and non-compliance with consuming Fe tablets. The statistical test results obtained a p value = 0.002, so there is a relationship between information about pregnant women and non-compliance with consuming Fe tablets.

Conclusion: from each of the variables Knowledge, Attitude, Family Support, Role of Health Workers, information about pregnant women in consuming Fe tablets, there is a significant relationship between knowledge and non-compliance with consuming Fe tablets at the Jontor Community Health Center, Subulussalam City in 2023. So that pregnant women increase compliance in consuming Fe tablets during pregnancy to maintain her health and that of her posyandu.

Keywords: Related factors, non-compliance, FE tablets

INTRODUCTION

Data from the World Health Organization (WHO) for 2022 estimates that the prevalence of non-compliance with the consumption of Fe tablets among pregnant women is still high, resulting in anemia during pregnancy. Throughout the world the number of anemia in pregnant women is 41.8%, around 800 women die due to pregnancy complications including heavy bleeding after giving birth. Meanwhile in Africa 57.1%, America 24.1%, and Europe 25.1%. The results of the 2012 Indonesian Demographic and Health Survey (SDKI) showed that the failure rate for giving Fe tablets to pregnant women was 40% of all pregnant women who received Fe tablets during pregnancy since TM II and TM III. Therefore, the maternal mortality rate (MMR) is still high, namely 359 per 100,000 live births. The figure for iron deficiency in Indonesia is quite worrying because it reaches 40%. Meanwhile, iron deficiency in the 0-5 month age group was 61.3%. These poor conditions have raised concerns about the loss of a quality Indonesian generation.

Basic Health Research results show that 80.7% of women aged 10-59 years have received Fe tablets, but only 18% of them have consumed 90 tablets. The latest data even states that 40%-50% of pregnant women suffer from anemia. This means that 5 out of 10 pregnant women in Indonesia experience anemia due to non-compliance with taking the Fe tablets they are given. Women who died due to complications of pregnancy and childbirth decreased by

289,000, the target is to reduce maternal mortality by 75%.

According to data from the Jontor Community Health Center, Subulussalam City, in 2022 it will provide 100% of Fe tablets to recorded pregnant women, but only around 65% consume Fe tablets according to the specified amount, namely 90 tablets. In 2019, the number of deaths of pregnant women was 1 case and postpartum mother deaths were 3 cases, bringing the total to 4 cases. In 2020, the number of maternal deaths was 1 case and 4 maternal deaths, so a total of 5 cases, there was an increase in MMR from last year. Data obtained from the Jontor Community Health Center, Subulussalam City in 2022 was as many as 620 pregnant women and the highest population was 67 pregnant women who experienced anemia, namely Hemoglobin levels <11 mg/dL.

Factors that influence pregnant women's non-compliance with consuming iron tablets are lack of knowledge about the instructions given by health workers to pregnant women about iron, lack of information obtained by pregnant women regarding motivation to consume Fe tablets, attitudes of pregnant women towards compliance with consuming Fe tablets during pregnancy, quality Interaction or support from health workers with patients and lack of family support for pregnant women to consume iron tablets are several factors that influence pregnant women's non-compliance with consuming iron tablets.

This can be seen from previous research that there is a factor in pregnant women's knowledge of non-compliance with consuming Fe tablets. According to Alfi Nurlah 2018, insufficient knowledge about the importance of taking Fe tablets is one of the factors for mothers' non-compliance in consuming Fe tablets, because knowledge is everything that humans know which is captured from various sources. Knowledge is the result of knowing, which occurs after people sense a particular object. The sensing process occurs through the five human senses, namely through the senses of sight, hearing, smell, taste and touch.

Based on an initial survey conducted at the Jontor Community Health Center, Subulul salam City in 2023, of the 10 pregnant women who came to have their

pregnancies checked, only 3 pregnant women complied with taking Fe tablets according to the number of Fe tablets that had been given by health workers, while 7 pregnant women did not comply because There are still Fe tablets left that should have been consumed for this month, including 3 people who said there were around 20 Fe tablets left, the mother said she didn't take Fe tablets every day because the mother claimed to be healthy so she didn't need to take Fe tablets, the mother also said that you don't have to regularly consume Fe tablets whenever you can. And 4 people said about 10 Fe tablets left. He admitted that he often forgot to take Fe tablets because no one in the family reminded him and his mother admitted that he was sometimes lazy about taking Fe tablets.

METHODS

This type of research is analytical survey research where researchers try to find relationships with the data collected. How big is the relationship between the existing variables using a cross sectional design. The population in this study was all pregnant women in the second trimester and third trimester who had their pregnancies checked at the Community

Health Center in May, namely 54 pregnant women. The sampling technique uses accidental sampling, namely by taking cases or respondents who happen to be present or available at the research location. (16). The instrument for collecting data uses a questionnaire. Data analysis in this research was carried out using univariate and bivariate analysis.

RESULT AND DISCUSSION

Research result

Table 1. Frequency Distribution of Respondents Based on Age at Jontor Health Center

No	Age	F	%
1.	<20 Years	20	37,0
2.	20-35 Years	18	33,3
3.	>35 Years	16	29,6
Amount		54	100

The results of the research based on the age of the respondents showed that of the 54 respondents aged <20 years, namely 20

people (37.0%), aged 20-35 years, namely 18 people (33.3%), and aged >35 years, namely 16 people (29.6%).

Table 2. Frequency Distribution of Respondents Based on Education at Jontor Community Health Center

No	Pendidikan	F	%
1.	Elementary school	16	29,6
2.	Junior High School- Senior High School	26	48,1
3.	College	12	22,1
Jumlah		54	100

The results of the research based on respondents' education showed that of the 54 respondents, 16 people had elementary school education (29.6%), 26 people had

junior high school education (48.1%), and 12 people had university education (22.1%).

Table 3. Frequency Distribution of Respondents Based on Knowledge at the Jontor Community Health Center

No	Knowledge	F	%
1.	Good	16	29,6
2.	Enough	23	42,6
3.	Not Enough	15	27,8
Jumlah		54	100

The results of the research based on respondents' knowledge showed that of the 54 respondents, 16 people (29.6%) had

good knowledge, 23 people (42.6%) had sufficient knowledge, and 15 people (27.8%) had poor knowledge.

Table 4. Frequency Distribution of Respondents Based on Attitudes at Jontor Health Center

No	Attitude	F	%
1.	Positif	22	40,7
2.	Negatif	32	59,3
Jumlah		54	100

The research results were based on the attitudes of 54 respondents with positive attitudes,

namely 22 people (40.7%) while negative attitudes were 32 people (59.3%).

Table 5. Frequency Distribution of Respondents Based on the Role of Health Workers at the Jontor Community Health Center

No	The Role of Health Workes	F	%
1.	Good Not	25	46,3
2.	enough	29	53,7
Jumlah		54	100

The research results based on the role of health workers from 54 respondents were good, namely 25 people (46.3%) while poor, namely 29 people (53.7%).

Table 6. Frequency Distribution of Respondents Based on Family Support at Jontor Community Health Center

No	Family Support	F	%
1.	Support	24	44,4
2.	Doesn't Support	30	55,6
Jumlah		54	100

The research results based on family support from 54 respondents were supportive, namely 24 people (44.4%) while 30 people (55.6%) did not support it.

Table 7. Frequency Distribution of Respondents Based on Information at the Jontor Community Health Center

No	Information	F	%
1.	Good	21	38,9
2.	Not Enough	33	61,1
Jumlah		54	100

The research results were based on information from 54 good respondents, namely 21 people (38.9%) while 33 people (61.1%) had poor information.

Table 8. Frequency Distribution of Respondents Based on Non-Compliance at Jontor Community Health Center

No	Disobedient	F	%
1.	Obedient	22	40,7
2.	Doesn't Obedient	32	59,3
Jumlah		54	100

The research results based on non-compliance from 54 respondents were 22

people (40.7%) compliant, while 32 people (59.3%) were non-compliant.

Bivariate Analysis

Table 9. Relationship between knowledge and maternal non-compliance with consuming Fe tablets among pregnant women at the Jontor Community Health Center

No	Knowledge	Disobedient				Amount		(p)
		Obedient		Doesn't Obedient		f	%	
		f	%	f	%			
1	Good	12	22,2	4	7,4	16	29,6	0,001
2	Enough	9	16,7	14	25,9	23	42,6	
3	Not Enough	1	1,9	14	25,9	15	27,8	
Total		22	40,7	32	59,3	54	100	

Based on table 9, it can be seen that the majority of respondents with good knowledge as many as 16 (29.6%) obediently consume Fe tablets as many as 12 respondents (22.2%) who disobey consume as many as 4 respondents (7.4%), respondents with knowledge 23 people (42.6%) were quite compliant with

consuming Fe tablets, 14 people (25.9%), 9 respondents (16.7%) were compliant with consuming Fe tablets, at least 15 respondents with less knowledge (15). 27.8%) were not compliant with consuming Fe tablets as many as 14 respondents (25.9%), and 1 person (1.9%) was compliant with consuming Fe tablets.

Table 10. Relationship between attitudes and non-compliance with mothers taking Fe tablets among pregnant women at the Jontor Community Health Center

No	Attitude	Disobedient				Amount		(p)
		Obedient		Doesn't Obedient		f	%	
		f	%	f	%			
1	Negatif	7	13,0	25	46,3	22	40,7	0,001
2	Positif	15	27,8	7	13,0	32	59,3	
Total		22	40,7	32	59,3	54	100	

Based on table 10, it can be seen that the majority of respondents had a negative attitude, 22 respondents (40.7%) obediently consumed Fe tablets, 7 respondents (13.0%), 25 respondents (46.3%) disobeyed consuming Fe tablets, positive attitudes 32 people (59.3%) complied with

consuming Fe tablets, 15 people (27.8%), 7 people (13.0%) did not comply with consuming Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = 0.001 < 0.05, so it can be concluded that there is a significant relationship between attitude and non-compliance with consuming Fe tablets.

Table 11. Relationship between the role of health workers and maternal non-compliance with consuming Fe tablets among pregnant women at the Jontor Community Health Center

No	Attitude	<u>Disobedient</u>				<u>Amount</u>		<i>(p)</i>
		<u>Obedient</u>		<u>Doesn't Obedient</u>		f	%	
		f	%	f	%			
1	Negatif	7	13,0	25	46,3	22	40,7	0,001
2	Positif	15	27,8	7	13,0	32	59,3	
	Total	22	40,7	32	59,3	54	100	

Based on table 11, it can be seen that the majority of respondents' role as health workers is lacking, 29 (53.7%) are not compliant with consuming Fe tablets, 23 respondents (42.6%) are compliant with consuming 6 respondents (11.1%), respondents The role of health workers was good: 25 respondents (46.3%) complied with consuming Fe tablets, 16 respondents

(29.6%), 9 people (16.7%) did not comply with consuming Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = 0.001 < 0.05, so it can be concluded that there is a significant relationship between the role of health workers and non-compliance with consuming Fe tablets.

Table 11. Relationship between the role of health workers and maternal non-compliance with consuming Fe tablets among pregnant women at the Jontor Community Health Center

No	The Role of Health workers	<u>Disobedient</u>				<u>Jumlah</u>		<i>(p)</i>
		<u>Obedient</u>		<u>Doesn't Obedient</u>		F	%	
		f	%	f	%			
1	Good	16	29,6	9	16,7	25	46,3	0,001
2	Not Enough	6	11,1	23	42,6	29	53,7	
	Total	22	59,3	22	40,7	54	100	

Based on table 11, it can be seen that the majority of respondents' role as health workers is lacking, 29 (53.7%) are not compliant with consuming Fe tablets, 23 respondents (42.6%) are compliant with consuming 6 respondents (11.1%), respondents The role of health workers was good: 25 respondents (46.3%) complied with consuming Fe tablets, 16 respondents

(29.6%), 9 people (16.7%) did not comply with consuming Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = 0.001 < 0.05, so it can be concluded that there is a significant relationship between the role of health workers and non-compliance with consuming Fe tablets.

Table 12. Relationship between family support and maternal non-compliance with taking Fe tablets among pregnant women at the Jontor Community Health Center

No	Family Support	Disobedient				Jumlah		(p)
		Obedient		Doesn't Obedient		F	%	
		f	%	f	%			
1	Support	16	29,6	8	14,8	24	44,4	0,001
2	Not Support	6	11,1	24	44,4	30	55,6	
Total		22	40,7	32	59,3	54	100	

Based on table 12, it can be seen that respondents supported 24 people (44.4%) by obediently consuming Fe tablets, 16 respondents (29.6%) did not comply with consuming 8 respondents (14.8%), family support respondents did not 30 people (55.6%) supported 24 people (44.4%) who did not comply with taking Fe tablets, 6

people (11.1%) did not comply with taking Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = 0.001 < 0.05, so it can be concluded that there is a significant relationship between family support and non-compliance with consuming Fe tablets.

Table 13. Relationship between Information on Pregnant Women and Mother's Non-Compliance in Taking Fe Tablets in Pregnant Women at the Jontor Community Health Center

No	Information About Pregnant Women	Disobedient				Jumlah		(p)
		Obedient		Doesn't Obedient		F	%	
		F	%	f	%			
1	Not Enough	8	14,8	25	46,3	33	61,2	0,001
2	Good	14	25,9	7	13,0	12	38,9	
Total		22	40,7	32	59,3	54	100	

Based on table 13, it can be seen that the majority of respondents received insufficient information, 33 people (61.1%) did not comply with consuming Fe tablets, 25 respondents (46.3%), 8 respondents (14.8%) complied with consuming Fe tablets. 21 people (38.9%) received good information and 7 people (13.0%) did not comply with taking Fe tablets, 14 people

(25.9%) did not comply with taking Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = 0.002 < 0.05, so it can be concluded that there is a significant relationship between information about pregnant women and non-compliance with consuming Fe tablets.

CONCLUSION

The Relationship between Knowledge and Non-Compliance by Mothers in Consuming Fe Tablets in Pregnant Women at the Jontor Community Health Center Subulussalam City 2023

Based on table 9, it can be seen that the majority of respondents with good knowledge as many as 16 (29.6%) obediently consume Fe tablets as many as 12 respondents (22.2%) who disobey consume as many as 4 respondents (7.4%), respondents with knowledge 23 people (42.6%) were quite compliant with consuming Fe tablets, 14 people (25.9%), 9 respondents (16.7%) were compliant with consuming Fe tablets, at least 15

respondents with less knowledge (15). 27.8%) were not compliant with consuming Fe tablets as many as 14 respondents (25.9%), and 1 person (1.9%) was compliant with consuming Fe tablets.

The statistical test results obtained a p value = 0.001, so it can be concluded that 15 people (27.8%) consumed Fe tablets, 7 people (13.0%) did not comply with Fe tablets.

The Relationship between Attitudes and Mother's Non-Compliance in Taking Fe Tablets in Pregnant Women at the Jontor Community Health Center Subulussalam City 2023

Based on table 10, it can be seen that the majority of respondents had a negative attitude, 22 respondents (40.7%) obediently consumed Fe tablets, 7 respondents (13.0%), 25 respondents (46.3%) disobeyed consuming Fe tablets, positive attitudes As many as 32 people (59.3%) were obediently consuming Fe tablets, 7 people (13.0%), 14 people (25.9%) were obediently consuming Fe tablets.

consuming Fe tablets, and those who do not comply with consuming Fe tablets can cause anemia (lack of blood) in their pregnancy. As health workers, we must inform pregnant women that they must adhere to consuming Fe tablets regularly, which has enormous benefits for fetal growth and maternal health.

The results of the Fisher Exact Test statistical test obtained a p value = 0.001 < 0.05, so it can be concluded that there is a significant relationship between attitude and non-compliance with consuming Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = 0.002 < 0.05, so it can be concluded that there is a significant relationship between information about pregnant women and non-compliance with consuming Fe tablets. This is in line with Susilowati's research which proves that there is a relationship between knowledge and compliance of pregnant women in consuming Fe tablets. However, this research contradicts Soraya's, which proves that there is no significant influence between knowledge and compliance of pregnant women in consuming Fe tablets.

Research conducted by Erwin et al with a cross sectional research design showed that there was a significant relationship between attitudes and compliance of pregnant women in consuming iron tablets.

According to researchers, pregnant women who start consuming Fe tablets from 14 weeks of pregnancy (4 months of age) until giving birth must comply with

The research results showed that more than half of the respondents still had a negative attitude towards consuming iron tablets. Negative attitudes can create disobedient actions so that pregnant women's compliance in consuming iron tablets is still relatively low. As a result, the effectiveness of government programs in preventing pregnancy anemia will be

difficult to achieve, especially in this region.

The Relationship between the Role of Health Workers and Non-Compliance by Mothers in Taking Fe Tablets in Pregnant Women at the Jontor Community Health Center Subulussalam City 2023

Based on table 10, it can be seen that the majority of respondents' role as health workers is lacking, 29 (53.7%) are not compliant with consuming Fe tablets, 23 respondents (42.6%) are compliant with consuming 6 respondents (11.1%), respondents The role of health workers was good: 25 respondents (46.3%) complied with consuming Fe tablets, 16 respondents (29.6%), 9 people (16.7%) did not comply with consuming Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = $0.001 < 0.05$, so it can be concluded that there is a significant relationship between the role of health workers and non-compliance with consuming Fe tablets.

Maissy's research results show that a good role of health workers can influence pregnant women's compliance in consuming iron (Fe) tablets when compared to a poor role of health workers. The results of the chi square analysis obtained a p value = 0.005 ($p < 0.05$), so H_0 was rejected, so the result was that there was a relationship.

Health workers at the Jontor Community Health Center must routinely advise pregnant women to return to the

Community Health Center as soon as possible if they have finished consuming the Fe tablets, this is an effort to prevent pregnant women from forgetting to consume the Fe tablets. Health workers have also been able to convince pregnant women to consume Fe tablets regularly so that their pregnancies remain healthy. So that pregnant women can comply, the role of health workers is needed, services need to be improved, such as by providing or informing about the importance of iron tablets, the dangers of anemia and recommending that pregnant women take iron (Fe) tablets properly and regularly, for example by regularly providing counseling.

Based on research conducted by researchers, it was found that more than half of the respondents were not compliant in consuming Fe tablets with the role of health workers in the good category. This non-compliance is caused by pregnant women not understanding the instructions given by health workers due to the low level of education they have received so that only a little of the information given by health workers can be absorbed by the mother.

The Relationship between Family Support and Knowledge and Mother's Non-Compliance in Taking Fe Tablets in Pregnant Women at the Jontor Community Health Center

Based on table 12, it can be seen that respondents supported 24 people (44.4%) by obediently consuming Fe tablets, 16 respondents (29.6%) did not comply with consuming 8 respondents (14.8%), family support respondents did not 30 people (55.6%) supported 24 people (44.4%) who did not comply with taking Fe tablets, 6

people (11.1%) did not comply with taking Fe tablets.

The results of the Fisher Exact Test statistical test obtained a p value = $0.001 < 0.05$, so it can be concluded that there is a significant relationship between family support and non-compliance with consuming Fe tablets.

According to Friedman, family support is the attitude, actions and acceptance of the family towards its members. Family members perceive that supportive people are always ready to provide help and assistance if needed. Basically, a mother really wants her pregnancy and the child she is carrying to be healthy. In order for pregnant women's wishes to come true, they need support from the family. High family support for pregnant women, especially in consuming Fe tablets, will cause a person to be obedient in consuming Fe tablets. Therefore, families are expected to always provide support to pregnant women to

increase pregnant women's compliance in consuming Fe tablets. In particular, families take pregnant women to health workers when they run out of Fe tablets.

The research results show that there are still many pregnant women who have poor family support. This is because field observations showed that more than half of pregnant women visited the Community Health Center without being accompanied by their families. If the target is only the patient who is always given information, while the family lacks guidance and approach.

The relationship between information about pregnant women and non-compliance between mothers taking Fe tablets in pregnant women at the Jontor Community Health Center

Based on table 13, it can be seen that the majority of respondents received insufficient information, 33 people (61.1%) did not comply with consuming Fe tablets, 25 respondents (46.3%), 8 respondents (14.8%) complied with consuming Fe tablets. 21 people (38.9%) received good information and 7 people (13.0%) did not comply with taking Fe tablets, 14 people (25.9%) did not comply with taking Fe tablets.

The results of the Fisher Exact Test statistical test obtained a value of $p = 0.002 > 0.05$, so it can be concluded that there is a significant relationship between information about pregnant women and non-compliance with consuming Fe tablets. The results of this research are in accordance with Notoatmodjo (2003) who states that health education is a teaching and learning activity that is adapted to the condition of pregnant women and is provided by nurses. Health education is an effort to create learning experiences/create

conditions for individuals, groups and communities to implement healthy ways of living. Health education is an action towards more compliant actions than previous actions.

According to researchers, some pregnant women get good information because they get information from health workers as well and the behavior of mothers is aware of the importance of Fe tablets so they adhere to taking Fe tablets. Even though mothers receive good information, there are also some mothers who are disobedient in taking Fe tablets because they often forget to take them. Information about fe tablets should be the responsibility of all health officials and the community so that all pregnant women and their babies are healthy and safe. Therefore, health workers must routinely carry out counseling and minilogues regarding anemia problems, especially giving Fe tablets to pregnant women.

CONCLUSION

- 1) The results of research on knowledge in consuming Fe tablets show a significant relationship between knowledge and non-compliance with consuming Fe tablets as seen from the results of statistical tests with a value of $p = 0.000 < 0.05$.
- 2) The results of research on attitudes towards consuming Fe tablets show a significant relationship between attitudes and non-compliance with consuming Fe tablets, seen from the results of statistical tests with a value of $p = 0.000 < 0.05$.
- 3) The results of research on the role of Health Workers in consuming Fe Tablets, there is a significant relationship between the role of health workers and non-

compliance with consuming Fe tablets, seen from the results of the statistical test p value = $0.001 < 0.05$.

- 4) Research results of family support in consuming Fe tablets, there is a significant relationship between family support and non-compliance with consuming Fe tablets, seen from the results of statistical tests with a value of $p = 0.000 < 0.05$.

- 5) The results of research on pregnant women's information on consuming Fe tablets, there is a significant relationship between information on pregnant women and non-compliance with consuming Fe tablets, seen from the results of statistical tests with a value of $p = 0.002 < 0.05$.

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