Proceeding of 4th International Conference on Research and Development (ICORAD)
Vol. 3 No. 2 (2024)
Page : 330-332
ISSN:2828-4925
DOI: 10.47841/icorad.v3i2.230

Prevention Analysis of Anemia in Pregnant Women at Tosiba Community Health Center

Yuhanah[1], Grace Tedy Tulak[2], Rizka Mutmainna[3]
[1,2] Sembilanbelas November University, Kolaka, Indonesia
[3]Stkes Pelita Ibu, Kendari, Indonesia

Corresponding email: yuhanah12764@gmail.com

Received: December,2, 2024 | Revised: December,18, 2024 | Accepted: December,20, 2024

Abstract Anemia during pregnancy occurs when the body lacks sufficient red blood cells, causing fatigue and inadequate delivery of oxygen and nutrients to all organs of the body. This condition can have a negative impact on the fetus and increase the risk of depression in the mother during and after childbirth. The World Health Organization estimates that 38% of pregnant women experience anemia, with a prevalence of 44.2% in Indonesia in 2020. The number of pregnant women suffering from anemia in Kolaka Regency in 2022 was 24%, and at the Tosiba Health Center it was 27%. This condition can certainly increase the risk of anemia in pregnant women. This study was to determine efforts to prevent anemia in pregnant women. This study uses a quantitative analytical research type with a cross-sectional approach. The research sample consisted of 100 pregnant women at the Tosiba Health Center. Data were analyzed using the Chi-square test. The results of the analysis showed a significant relationship between Nutritional knowledge (p-value = 0.035), Diet (p-value = 0.001), Family support (p-value = 0.001), and Compliance with iron tablet consumption (p-value = 0.029) with efforts to prevent anemia in pregnant women. Factors related to anemia prevention efforts include nutritional knowledge, diet, family support, and compliance with iron tablet consumption. Health professionals must develop appropriate strategies to ensure that pregnant women can access antenatal services, receive information about maternal health, and obtain iron tablets.

Keywords: Anemia; Pregnant women

INTRODUCTION

Anemia in pregnant women is a condition where the number and size of red blood cells (hemoglobin concentration) is below the normal limit, namely 11 gr/dl. This condition causes disruption to the blood's capacity to transport oxygen throughout the body (Sari et al., 2022). Anemia not only affects the mother but also the baby she is born with. Mothers who experience anemia or iron deficiency may have little or no iron reserves. This condition can cause a decrease in iron reserves in the fetus and the baby being born so that the baby can suffer from iron deficiency anemia. When children enter adolescence and adulthood, they can experience cognitive dysfunction (Harna et al., 2020).

Many factors can influence the occurrence of anemia in pregnant women, including basic factors (education, knowledge, socio-economic and culture), indirect factors (age, parity, antenatal care and husband's support) and indirect factors (infectious diseases, iron consumption and bleeding) (Amallia et al., n.d.) A study explains the significant relationship between several behavioral factors and consumption of Fe tablets and the incidence of anemia in pregnant women. These factors include education level, knowledge about the importance of consuming Fe tablets, social support from family and the environment, accessibility to health services, and perceptions of the side effects of Fe tablets. These findings highlight the importance of a holistic approach in improving pregnant women's compliance with consuming Fe tablets and preventing anemia (Novianti, 2024).

Proceeding of 4th International Conference on Research and Development (ICORAD)
Vol. 3 No. 2 (2024)
Page : 330-332
ISSN:2828-4925
DOI: 10.47841/icorad.v3i2.230

Data from the Kolaka Regency Health Office shows that the number of pregnant women suffering from anemia in Kolaka Regency in 2022 was 24%, and at the Tosiba Health Center it was 27%. This prompted the research team to conduct a study on efforts to prevent anemia in pregnant women at the Tosiba Health Center, Kolaka Regency.

METHOD

This research is quantitative with a cross-sectional study approach. The study was conducted in September 2023. The population of pregnant women in the Tosiba Health Center working area was 515 people. The number of samples in this study was 100 pregnant women. The sampling technique used was purposive sampling. The inclusion criteria used were pregnant women who lived in the Tosiba Health Center working area, were willing to be research respondents and could read and write. Data were analyzed univariately to show the frequency distribution of the variables studied. Bivariate analysis using the chi square method was used to see the relationship between the variables studied.

RESULTS AND DISCUSSION

The results of the study showed a significant relationship between nutritional knowledge and efforts to prevent anemia in pregnant women ($p = 0.035 < 0,05$). The results of this study are supported by a study stating that there is a relationship between pregnant women's knowledge of nutrition and the incidence of anemia during pregnancy (Purwaningrum, 2017). Knowledge is also influenced by education, age and experience. Someone with a high education will find it easier to obtain information so that more knowledge is possessed (Notoadmojo, 2012).

Data analysis shows that there is a significant relationship between diet and anemia prevention efforts in pregnant women ($p = 0.001 < 0.05$). This is supported by the results of the study which stated that diet affects the incidence of anemia in pregnant women in the second trimester ($p = 0.01$) (Kurniawati et al., 2023). An unbalanced diet causes an imbalance in the nutrients entering the body, resulting in nutritional deficiencies. Additional nutritional needs occur in pregnant women in each trimester. Dietary patterns describe the types and amounts of food consumed by each person. Pregnant women are expected to consume at least one type of food sourced from carbohydrates, animal and vegetable protein, vegetables and fruits in order to achieve balanced nutrition. The amount of food consumed is adjusted to the needs of pregnant women (Widya, 2017).

The results of the study showed that there was a relationship between family support and efforts to prevent anemia in pregnant women ($p = 0.001 < 0.05$). The results of this study are supported by a study stating that there is a significant relationship between family support and prevention of anemia in pregnant women in the Bondongan Health Center, Bogor Regency (Munawaroh & PN Situmorang, 2021) One of the factors believed to play a role in the emergence of anemia in pregnant women is family support. The family is very influential in the formation of health behavior in pregnant women, which has an impact on anemia in pregnancy. The closest family support to pregnant women is the husband. Husband's support also plays an important role in determining the health status of the mother (Rahmawati, 2019). The pregnant mother's partner who is the closest person can provide quality pregnancy services. The husband has an influence on the health of the pregnant mother. The responsibility of the partner is very important in several areas, including pregnancy, childbirth, and the postpartum phase.

Proceeding of 4th International Conference on Research and Development (ICORAD)
Vol. 3 No. 2 (2024)
Page : 330-332
ISSN:2828-4925
DOI: 10.47841/icorad.v3i2.230

Compliance with iron tablet consumption has a significant relationship with anemia prevention efforts in pregnant women ($p = 0.001 < 0.05$). This is supported by a study stating that there is a significant relationship between compliance in consuming iron tablets and the incidence of anemia in pregnant women (Aysah et al., 2024). This level of compliance reflects the awareness of pregnant women about the importance of iron intake to prevent anemia. High compliance can be associated with effective health education programs and easy access to iron tablets (Agnesia et al., 2024).

CONCLUSION

Factors related to anemia prevention efforts include nutritional knowledge, diet, family support, and compliance with iron tablet consumption. Health professionals must develop appropriate strategies to ensure that pregnant women can access antenatal care, receive information about maternal health, and obtain iron tablets.

REFERENCES

Agnesia, P., Darini, K., Erlina, S., & Risyda, K. (2024). Evaluasi tingkat kepatuhan konsumsi tablet tambah darah pada ibu hamil di Puskesmas Pahandut Kalimantan Tengah. *Jurnal Kesehatan Unggul Gemilang, 8*(11), 50–56.

Amallia, S., Afriyani, R., Putri Utami, S., Studi Kebidanan, P., & Siti Khadijah Palembang, S. (n.d.). Faktor risiko kejadian anemia pada ibu hamil di Rumah Sakit BARI Palembang.

Aysah, A., Laurencia, S., & Hasna, K. N. (2024). Hubungan pemberian zat besi (Fe) terhadap pencegahan anemia pada ibu hamil dan kejadian berat badan lahir rendah. *QUWELL, 1*(4), 151–159. https://doi.org/10.62383/quwell.v1i4.986

Harna, Y., Muliani, E., Sa, M., Dewanti, L. P., Irawan, M. A., & Al Azhar, A. (2020). Prevalensi dan determinan kejadian anemia ibu hamil. *Jurnal Ilmu Kesehatan, 4*(2). https://doi.org/10.33757/jik.v4i2.289.g125

Kurniawati, S., Pasiriani, N., & Kaltim, A. P. (2023). Pengaruh kepatuhan konsumsi tablet tambah darah dan pola makan terhadap kejadian anemia pada ibu hamil trimester II di wilayah kerja Puskesmas Long Ikis. *Journal of Comprehensive Science, 2*(1).

Munawaroh, M., & Situmorang, P. N. (2021). Peran tenaga kesehatan, promosi kesehatan, dan dukungan keluarga terhadap pencegahan anemia pada ibu hamil. *SIMFISIS Jurnal Kebidanan Indonesia, 1*(2). https://doi.org/10.53801/sjki.v1i2.34

Notoadmojo, S. (2012). *Promosi kesehatan dan perilaku kesehatan.* Jakarta: Rineka Cipta.

Novianti, S. (2024). Faktor-faktor perilaku yang mempengaruhi konsumsi tablet Fe dan kejadian anemia pada ibu hamil di Puskesmas Karanganyar Kota Tasikmalaya. *Jurnal Kesehatan dan Kebidanan Nusantara, 2*(1), 1–5.

Purwaningrum, Y. (2017). Pengetahuan ibu hamil tentang gizi dengan kejadian anemia selama kehamilan. *Jurnal Kesehatan, 5*(2), 88.

Rahmawati, T. (2019). Dukungan informasi suami dengan kejadian anemia pada ibu hamil. *Jurnal Persada Husada Indonesia, 6.* http://jurnal.stikesphi.ac.id/index.php/kesehatan

Sari, P., Herawati, D. M. D., Dhamayanti, M., & Hilmanto, D. (2022). Anemia among adolescent girls in West Java, Indonesia: Related factors and consequences on the quality of life. *Nutrients, 14*(18). https://doi.org/10.3390/nu14183777

Widya, J. (2017). Hubungan faktor penyebab dengan kejadian anemia di Puskesmas Melur. *Jurnal Penelitian Kesehatan Suara Forikes, VIII*(1), 25–28.