

## DETERMINANTS OF THE CAUSE OF LOW ADHERENCE TO PREGNANT WOMEN CONSUMING FE TABLET

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### ABSTRAK

Latar Belakang: Kehamilan merupakan suatu proses yang alamiah dan fisiologis. Ketidapatuhan ibu hamil dalam mengonsumsi tablet Fe dapat mengakibatkan terjadinya anemia, sehingga risiko abortus, partus, infeksi, syok hingga kematian. Diketahui bahwa 562 ibu hamil yang telah mendapatkan tablet Fe, 67% diantaranya tidak patuh dan tidak mengonsumsi tablet Fe.

Tujuan: Tujuan Penelitian ini untuk Determinan Penyebab Rendahnya Kepatuhan Ibu Hamil Mengonsumsi Tablet Fe.

Metode: Penelitian ini berjenis deskriptif-kuantitatif menggunakan uji Chi-Square, secara cross-sectional. Penelitian ini telah dilaksanakan di Puskesmas Lolak, Kota Kotamobagu, pada bulan Januari 2022. Populasi sebanyak 562 orang, Sampel sebanyak 85 orang. Pengumpulan data menggunakan kuesioner dengan skala Likert. Analisis data secara statistik Chi-square. Penyajian data menggunakan tabel yang di jelaskan secara deskriptif.

Hasil: Pengetahuan ibu hamil menjadi faktor penyebab rendahnya kepatuhan ibu hamil dalam mengonsumsi tablet Fe, yang di buktikan secara statistik dengan nilai P-Value sebesar 0,000. Motivasi ibu hamil, berkaitan dengan kepatuhannya dalam mengonsumsi tablet Fe, hal ini terbukti dari hasil uji statistik P-Value 0,000. Dukungan keluarga secara signifikan menyebabkan tidak patuhnya ibu hamil mengonsumsi tablet Fe, secara statistik menunjukkan P-Value 0,000.

Kesimpulan: Berdasarkan tujuan penelitian, Di ketahui bahwa faktor penyebab rendahnya kepatuhan ibu hamil dalam mengonsumsi tablet Fe yaitu karena pengetahuan ibu dan keluarga terkait pentingnya dan manfaat mengonsumsi tablet Fe, dan Dukungan keluarga serta motivasi ibu hamil mengonsumsi tablet Fe sangat kurang.

Saran: Sangat perlu dilakukan edukasi yang disiplin dan komprehensif agar ibu dan keluarga betl-betul memahami pentingnya mengonsumsi tablet Fe.

Kata Kunci: Dukungan keluarga, Ibu hamil, Motivasi, Pengetahuan, Tablet Fe

### ABSTRACT

Background: Pregnancy is a natural and physiological process. Disobedience of pregnant women in consuming Fe tablets can lead to anemia, increasing the risk of abortion, parturition, infection, and shock to death. It is known that of 562 pregnant women who have received Fe tablets, 67% of them are not obedient and do not consume Fe tablets.

Purpose: The aims of this study was to Determinants of the Cause of Low Adherence to Pregnant Women Consuming Fe Tablets.

Method: This research is of the quantitative descriptive type with Chi-Square Analysis, with cross-sectionally study. This research was carried out at the Lolak Health Center, Kotamobagu City, in January 2022. The population was 562, and the sample was 85 people. -Collecting data using a questionnaire by conducting direct interviews. Chi-square statistical data analysis Presentation of data using a table that is described descriptively..

Results: Knowledge of pregnant women is a factor causing low compliance of pregnant women in consuming Fe tablets, which is proven statistically with a P-Value value of 0.000. The motivation of pregnant women is related to their compliance in consuming Fe tablets. This is evident from the results of the P-Value 0.000 statistical test. Family support significantly causes non-adherence of pregnant women to consumption Fe tablets, which statistically shows a P-Value of 0.000.

Conclusion: Based on the research objectives, it is known that the factors causing the low compliance of pregnant women in consuming Fe tablets are due to the knowledge of the mother and family regarding the importance and benefits of consuming Fe tablets, and family support and motivation of pregnant women to consume Fe tablets is very lacking.

Suggestion: It is very necessary to carry out a disciplined and comprehensive education so that mothers and their families really understand the importance of consuming Fe tablets.

Keyword: Fe Tablets, Knowledge, Motivation, Pregnant women's, Family support

**INTRODUCTION**

Pregnancy is a condition in which in the uterus of a woman there are products of conception (the meeting of the ovum and spermatozoa). Pregnancy is a natural and physiological process (Damai, 2017). Women of childbearing age until pregnancy must take Fe tablets so as not to experience anemia and to avoid fatigue and bleeding during pregnancy (Kenang et al., 2018).

The low level of consumption of Fe tablets by pregnant women can trigger anemia so that there is a risk of bleeding, abortion, and preeclampsia to the most fatal, namely maternal death (WHO, 2019).

The incidence rate of anemia in Indonesia in pregnant women has reached 48.9% which is caused by a lack of consumption of Fe tablets. Meanwhile, the success rate of giving Fe tablets to pregnant women in Indonesia is still at 81.16% of the target of 95% (RISKESDAS, 2018).

According to the results of research by Antari and Nudhira (2021), it is known that the compliance and knowledge of pregnant women are still low, related to consuming Fe tablets at a high risk of anemia, especially pregnant women who are in the third-trimester phase (Antari and Nudhira, 2021).

In a study under the direction of Permana et al. (2019), it is stated that good knowledge, motivation, and family support are needed in consuming Fe tablets to prevent anemia and improve the quality of maternal and fetal health (Agit Permana et al., 2019).

Based on the results of a preliminary study conducted by researchers in December 2021, it was

found that 562 pregnant women had received Fe tablets, but the results of interviews with informants revealed that 67% of pregnant women were not obedient or lazy to take Fe tablets.

Thus, it is very important to do research related to the determinants of the causes of low adherence in pregnant women consuming Fe tablets, intending to know the main factors causing the low interest of pregnant women in consuming Fe tablets during pregnancy.

**METHOD**

This research is quantitative with a descriptive approach. The design of this study was cross-sectional. This research was carried out at Lolak Health Center, Kotamobagu City, in January 2022. The population in this study was 562 people. The sample in the study was 85 people, who were determined based on the slovin sampling formula. We collected data using a questionnaire by conducting direct interviews with strict attention to health protocols. The researcher first asked for approval and agreement from the respondents before conducting interviews with the selected respondents. Data analysis used the Chi-square statistical test. Presentation of data using a table that is described descriptively (Sugiyono, 2013).

**RESULT**

The purposes of this study were to determine the main factors causing anemia in pregnant women. The results obtained in this study were:

**Univariate Analysis**

**Table 1.**  
**Frequency of Respondents Characteristics**

Characteristics	Characteristics	F	%
Age	Late Teen	20	23,52
	Early Adult	40	47,07
	Late Adult	25	29,41
	Total	85	100
Education	elementary education	10	12
	middle education	50	59
	higher education	15	18

According to the information in Table 1. It can be interpreted that the respondents of pregnant women are mostly in the early adult age category and

most of them have a secondary level education. Based on the educational background and age of the respondents, the researchers considered that only a

small proportion of pregnant women respondents had a response regarding Fe tablets and were able to implement instructions from health workers regarding the use of Fe tablets. In their research, Feny and Wira (2016) concluded that most pregnant women responded positively to Fe tablets, but because they had low knowledge, they did not take Fe tablets. (Feny & Wira, 2016).

### Bivariate Analysis

Based on the results of the study described in table 2, It can be concluded that most pregnant women who have poor knowledge are not diligent in consuming Fe tablets. Knowledge of pregnant women is a factor causing low compliance of pregnant women in consuming Fe tablets, which is proven statistically with a P-Value value of 0.000.

**Table 2.**  
**Knowledge of Pregnant Women on Obedience of Pregnant Women Consuming Fe Tablets**

Knowledge	Compliance of pregnant women Consuming Fe tablets						P- Value
	Be obedient		disobedient		Total		
	f	%	f	%	F	%	
Good	25	29,4	20	23,5	45	53	0,000
Poorly	5	5,9	35	41,2	40	47	

**Table 3.**  
**Pregnant Women's Motivation on Obedience to Pregnant Women Consuming Fe Tablets**

Motivation	Compliance of pregnant women Consuming Fe tablets						p Value
	Be obedient		disobedient		Total		
	f	%	f	%	F	%	
High	25	29,4	25	29,4	50	100	0,000
Low	5	5,9	30	35,3	35		

As the data is described in table 2, It can be interpreted that the motivation of pregnant women is closely related to the compliance of pregnant women in consuming Fe tablets. This is evident from the

results of the statistical test P-Value 0.000. Apart from that, it can be seen that there are still many pregnant women, 35 people, who have low motivation in consuming Fe tablets, or 41.17%.

**Table 4.**  
**Family Support for Pregnant Women on Obedience of Pregnant Women Consuming Fe Tablets**

Family Support	Compliance of pregnant women consuming Fe tablets						p Value
	Be obedient		disobedient		Total		
	f	%	f	%	F	%	
Support	3	3,5	35	41,1	38	100	0,000
Less	27	31,8	20	27,5	47		

Based on the results obtained in table 4, It can be seen that family support significantly causes non-adherence to pregnant women taking Fe tablets, statistically showing a p-value of 0.000. In addition, it was also found that family support for pregnant women who consume Fe tablets is still very low, at 44.7%, compared to those who do not support it at 55.29%.

### DISCUSSION

The results obtained in the study, which aims to determine the main factors causing anemia in pregnant women, can be described as follows:

#### Knowledge of Pregnant Women on Obedience of Pregnant Women Consuming Fe Tablets

What was found in this study was that there was still a large number of pregnant women who had poor knowledge regarding the consumption of Fe tablets (47%), or it could be interpreted that almost

most of the respondents observed, did not have sufficient knowledge regarding the consumption of Fe tablets.

The low knowledge of mothers consuming Fe tablets is caused by 3 things: first, because most of the respondents' education of pregnant women is in the basic and secondary categories; Second, because of the lack of intensity of health workers providing information and information related to the benefits of consuming Fe tablets and the risks of not taking Fe tablets. The second is due to the low attention of pregnant women to the information conveyed by health workers and the low enthusiasm of pregnant women to ask for related information that is still unclear from health workers.

In line with the description of Wartisa and Triveni (2017) explaining that the education possessed by pregnant women is closely related or very significantly related to the knowledge they have, where it is closely related to the knowledge of pregnant women in consuming Fe tablets so that pregnant women who know low, irregular in taking Fe tablets (Wartisa & Triveni, 2017).

According to Karyuni et al. (2020) in their research related to the Relationship between Knowledge and Compliance Consuming Iron (Fe) Tablets with Incidence of Anemia, it is known that knowledge is important for pregnant women in consuming Fe tablets because pregnant women have low knowledge regarding consuming Fe tablets so that the behavior of the mother in consuming Fe tablets tends to be negative, causing anemia during pregnancy (Karyuni et al., 2020).

Knowledge of pregnant women is low due to the lack of counseling and information provided to pregnant women (Feny & Wira, 2016). The results of the study by Qurnia and Lestari (2017) related to the factors that influence the adherence of pregnant women to consume Fe tablets, suggesting a different fact that knowledge of pregnant women is not a factor that causes pregnant women to be disobedient in consuming Fe tablets, but this is based on knowledge assessment. based on the education of pregnant women (Qurnia & Lestari, 2018).

#### **Pregnant Women's Motivation on Obedience to Pregnant Women Consuming Fe Tablets**

The high and low motivation of pregnant women encountered in this study was caused by several factors, namely; side effects that occur after consuming Fe tablets, such as nausea and heartburn, so the attitude of pregnant women becomes lazy to take Fe tablets, even though they know the benefits of the Fe tablets that are consumed, and cause a little trauma from the side

effects that are caused. Furthermore, the intensity level of support and mentoring of health workers is still low, so pregnant women find it difficult to get accurate information. Basically, motivation is a person's intention to achieve a desired target (Sudirman, 2018).

Side effects in the form of nausea, and constipation caused by consuming Fe tablets cause pregnant women to be disobedient and less motivated to consume Fe tablets (Feny & Wira, 2016). According to Herawati in her research (2019) related to factors related to the regularity of pregnant women in consuming Fe tablets, she stated that the role of health workers is one of the things that causes pregnant women to not regularly consume Fe tablets, the role of health workers is not good, it has an impact on service delivery. pregnant women and the assistance of pregnant women become less than optimal so that the attitudes and motivation of pregnant women become less good in consuming Fe tablets (Herawati, 2019).

Furthermore, regarding the low service of health workers to provide support and assistance to pregnant women, according to Sudirman (2018) in his research related to Work Motivation and Achievement of Health Officers in Basic Public Health Center Programs, it is known that the performance of health workers to provide health services is determined by their motivation which is influenced by on 3 main things, namely the satisfaction of health workers and support for infrastructure suggestions and appreciation for their work (Sudirman, 2018). In this case, the researcher assumes that the cause of the poor role of health workers in providing assistance and services to pregnant women is the lack of motivation of health workers.

#### **Family Support for Pregnant Women on Obedience of Pregnant Women Consuming Fe Tablets**

Family support is still lacking for pregnant women who consume Fe tablets because the family such as husbands and mothers or fathers often forget, besides that Husbands as the closest family to pregnant women, also do not understand the importance of pregnant women taking Fe tablets because of their activities and busyness. carried out by the family, and often do not recommend taking Fe tablets if they cause side effects. In line with the research results of Permana et. al, (2019) regarding Factors Affecting Obedience of Pregnant Women in Consuming Fe Tablets, the role of the family has an important position in supporting pregnant women to consume Fe tablets regularly because only the family

can remind mothers who often forget or stop taking tablets (Agit Permana et al., 2019).

As stated by Triveni and Satria (2016) in their research that the level of family support for pregnant women becomes a separate mood booster to increase motivation in consuming Fe tablets because family support makes pregnant women feel that they get more attention so that they have to increase self-confidence (Triveni & Oktii, 2016).

In addition, family support is lacking for pregnant women taking Fe tablets because often the family feels that it has been accompanied by health workers, and families feel that mentoring in consuming Fe tablets cannot be done properly due to a lack of understanding of the importance of taking Fe tablets. and can not enforce it if pregnant women refuse because they cannot overcome the side effects that arise. Kenang et. al, (2018) opinion in their research that the family, especially the husband, has a role that is needed by pregnant women. The husband is the most appropriate person to convey the benefits and importance of consuming Fe tablets (Kenang et al., 2018).

Meanwhile, according to Novelani et al. (2021), in their research, pregnant women who are unable to take Fe tablets are actually influenced by the role of midwives who do not provide information or counseling to pregnant women and their families regarding the importance of Fe tablets to be consumed during pregnancy (Novelani et al., 2021).

## CONCLUSION

Based on the purpose of this study, and the results obtained, it can be seen that the factors causing the low compliance of pregnant women in consuming Fe tablets are; because the knowledge of mothers and families regarding the importance and benefits of consuming Fe tablets, so that family support and motivation of pregnant women in consuming Fe tablets is very lacking.

## SUGGESTION

To overcome the factors causing the low adherence of pregnant women to consuming Fe tablets, it is necessary to provide real, disciplined, and comprehensive education and assistance by health workers, not just conveying, so that presentations related to the importance and benefits of consuming Fe tablets can be well received and understood. by the family and pregnant women. So that the family can become an extension of the health worker to assist pregnant women.

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