

# Compliance of pregnant women in consuming FE tablets with anemia

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## ABSTRACT

According to the 2018 Riskesdas, data for pregnant women with anemia in Indonesia is 48.9% and in North Tapanuli it is 53.3%. The research aims to find out the Factors Affecting the Mothers' Adherence in Consuming Fe Tablet Medicine and Its Correlation to Anemia Incidents in Mothers in Pohantonga Village, Siborongborong Sub-District, Regency of North Tapanuli in 2022. This quantitative research employs Cross Sectional design with a population consisting of 42 pregnant mothers. Samples are taken using the total sampling technique and variables of the research are knowledge, attitude, family supports, access to health services, and mothers' adherence. The data obtained are analyzed using univariate and bivariate analysis. Bivariate analysis is conducted using the Chi-Square test and the result of the Chi-Square test indicates that knowledge, attitude, family supports, and access to health services are factors affecting mothers' adherence in consuming Fe tablet medicine. Mothers' adherence is not the factor causing Anemia incidents to occur in pregnant mothers. It is expected that pregnant mothers enhance their knowledge through either electronic media or brochures related to Fe tablets in order to decrease the rate of Anemia incidents during pregnancy. In addition, it is expected that the family supports pregnant mothers by always reminding them to consume Fe tablets. The researcher would like to thank the head of the puskesmas and the respondents. The researcher hopes that the results of this study will be useful for pregnant women, namely to increase hemoglobin levels not only with iron but also by paying attention to the nutrition in the food eaten and future researchers.

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## INTRODUCTION

The World Health Organization (WHO) states that anemia is the 10 biggest health problem in this modern century, where groups at high risk of anemia are women of childbearing age, pregnant women, school-age children and adolescents (Bahiyatun 2017).

According to the World Health Organization (WHO) in 2019 in (Aminin and Dewi 2020), an estimated 303,000 maternal deaths or around 216/100,000 live births worldwide. Globally the prevalence of anemia in pregnant women is 41.8%. About half of the incidence of anemia is caused by iron deficiency. The prevalence of anemia in pregnant women in Africa is 57.1%, Asia is 48.2%, Europe is 25.1% and America is 24.1%. A person is said to suffer from anemia if the hemoglobin (Hb) level is below 11 g% in the first and third trimesters or levels (Retnorini, Widatiningsih, and Masini 2017).

The 2018 Riskesdas states that in Indonesia 48.9% of pregnant women experience anemia. As much as 84.6% of anemia in pregnant women occurs in the age group of 15-24 years (Riset Kesehatan Dasar 2018). Meanwhile, the coverage of iron supplementation for pregnant women in Indonesia in 2020 is 83.6%. This figure has increased compared to 2019 of 64%. The province with the highest coverage of iron supplements for pregnant women was DKI Jakarta at 99.3%, followed by North Kalimantan and Bali. Meanwhile, the province with the lowest achievement was Papua at 25.3%, followed by West Papua and Maluku (Riskesdas 2018).

Anemia is a deficiency of iron found in the body. Anemia during pregnancy is caused by increased nutritional needs for pregnant women and the fetus. The incidence of anemia in pregnancy can affect pregnancy because anemia can reduce the body's resistance resulting in fetal death in the womb, abortion, birth defects, LBW (low birth weight) (Benz Jr, Berliner, and Schiffman 2018) pregnancy has not met the target. However, the coverage of iron supplements for pregnant women in North Sumatra Province in 2020 has increased compared to the previous year's coverage (BERLIANA PUTRI 2020).

From the picture above it is known that the highest coverage of pregnant women getting iron tablets is in Dairi Regency at 97.07%, Sibolga City at 95.09% and North Padang Lawas Regency at 93.35%, while the lowest coverage is in the Padang Lawas area at 41.02 %, Gunungsitoli Municipality 45.88%, and Central Tapanuli District 48.43% (Tisdale, Thein, and Eaton 2020).

According to Rustam (1998) in the Ministry of Health (Yurniati and Mustari 2019) states that the cause of most anemia in Indonesia is a lack of iron which is needed for the formation of hemoglobin called iron deficiency anemia. Anemia in pregnant women carries high-risk consequences and complications for miscarriage, bleeding, low birth weight, uterine atony, uterine inertia, retained placenta. The incidence of anemia in Indonesia is getting higher because anemia is treated when women are pregnant, not before pregnancy (Putri 2018).

Anemia in pregnancy can be caused by iron deficiency and it is known that pregnant women's need for iron doubles from before. Iron in the body functions to maintain cell function, one of the elements of hemoglobin which carries oxygen to tissues by blood circulation, another benefit of iron minerals is to prevent anemia (Wijayanti 2020) During pregnancy, mothers are advised to consume Fe tablets and consume a variety of foods that contain lots of sources of iron as well as iron absorption enhancing drinks such as dates or date juice, meat, fish, eggs, nuts, green vegetables such as spinach and fruits (Dewi and Mardiana 2021).

Therefore anemia must be overcome because it is dangerous for the mother and fetus. The Indonesian government has made efforts to prevent and treat anemia in pregnancy since 1975. These efforts are by providing vitamin supplements (B6, B12) and minerals (folic acid, iron tablets). These vitamins and minerals are used for the formation of red blood cells. Pregnant women can get iron tablets at the Puskesmas or Posyandu for pregnant women. To prevent anemia in pregnant women, every pregnant woman is expected to get iron tablets (TTD) of at least 90 tablets during pregnancy (Yurniati and Mustari 2019).

Many factors influence maternal adherence in taking iron tablets, including antenatal care (ANC) visits, tablet supply, side effects and benefits felt by mothers after taking iron tablets, counseling from health workers, family support, traditional beliefs, motivation, attitudes, and knowledge of pregnant women about iron tablets (Wigati and Nisak 2017). Compliance with consuming iron tablets is measured by the accuracy of the number of tablets consumed, the accuracy of how to consume iron tablets, the frequency of consumption per day (Ginting, Hutahaean, and Simatupang 2019).

Several researchers revealed that the incidence of anemia in pregnant women is related to the low level of adherence of pregnant women in consuming Fe tablets. The results of Fitri's research (2015) showed that the level of adherence of pregnant women consuming Fe tablets in Tangerang City, however, only 27.5% adhered to consuming iron supplements (Sholihah, Rosida, and Esti 2019). Previous research by (Priyanto and Irawati 2020) showed that the results of the level of knowledge of pregnant women about iron deficiency anemia were mostly categorized as sufficient, namely as much as 48.3%, most pregnant women adhered to taking Fe tablets, namely as much as 59.8%, but the rest, namely 40.2 % of pregnant women did not comply. There is a significant relationship between the knowledge of pregnant women about iron deficiency anemia and the level of adherence of mothers in consuming Fe tablets (P value = 0.000) (Wahyuntari, Listyaningrum, and Istiyati 2018).

During pregnancy, anemia can have a negative impact on maternal and infant morbidity and mortality. The impact of anemia on the fetus includes Intra Uterine Growth Retardation (IUGR), premature babies, babies with congenital defects, low birth weight babies (LBW) and an increased risk of fetal death in the womb. The impact of anemia on pregnant women is shortness of breath, fatigue, palpitations, hypertension, sleep disturbances, preclampsia, abortion and increases the risk of bleeding before and during delivery and even to maternal death (Walyani Elisabeth Siwi 2017).

Based on the interview results, there are many factors that cause pregnant women to be disobedient in consuming iron, such as knowledge factors in consuming iron tablets, attitudes in consuming Fe tablets, family support and health services. However, based on the results of interviews with pregnant women, there were those who drank it in the morning or after lunch so they experienced nausea and dizziness and also did not consume it every day. This situation affects pregnant women to be non-compliant in consuming blood-boosting tablets (Lina Fitriani et al. 2021).

Based on the problems and background, the formulation of the problem is to find out what factors influence the compliance of pregnant women in consuming Fe tablets and their relation to the incidence of anemia in pregnant women in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022. Knowing the Effect of Level of Knowledge, Attitudes, Access to Health Services, Family Support for Pregnant Women with Adherence to Consuming Fe Tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022.

## RESEARCH METHOD

The type of research used is a type of survey analytic research (analytic research) with a cross sectional approach. Location This research was conducted in Hamlet II Pohantonga Village, Siborongborong District, North Tapanuli Regency. In this study, researchers used secondary data (medical records) for 2019 (Yuliani et al. 2021). The population in this study were all pregnant women in Pohantonga Village, Siborongborong District, North Tapanuli Regency. i.e. 42 people. Sampling uses the total population, namely the entire population is used as a sample. The sample taken must meet the criteria, namely the sample in this study used a total sampling technique, where the entire population was used as the research sample, namely as many as 42 people. Data processing is done by computerization. The data that has been collected is processed by means of editing, coding, entry and cleaning. Data analysis was carried out using univariate, bivariate and

multivariate analysis. Univariate data analysis was carried out to describe the characteristics of each independent variable and the dependent variable. Bivariate analysis was carried out to prove that there was no significant relationship between the independent variables and the dependent variable using the Chi-square test. Multivariate data analysis aims to determine the effect of the independent variables and determine the most dominant variable influencing the dependent variable Family Support (Astuti Maya 2017).

## RESULTS AND DISCUSSIONS

On the research results obtained, namely the characteristics of the respondents, namely the gestational age of the mother's womb, education, and occupation of pregnant women, as follows:

**Table 1.** Frequency distribution based on respondent characteristic categories

Gestational Age	n	%
TM I (0-3 month)	15	35.7
TM II (4- 6 month)	15	35.7
TM III (7 - 9 month)	12	28.6
Education		
SD	5	11.9
SMP	5	11.9
SMA	10	23.8
PT	22	52.4
Work		
Tani	10	23.8
IRT	12	28.6
PNS	20	47.6

Table 1 Based on the results of the table below, more data is obtained, namely shows that 40.5% of respondents are aged >30 years. The gestational age of the respondents was in TM I and TM II (35.7%). Table 4.4. shows that 52.4% of respondents graduated from PT, 23.8% graduated from SMA. 11.9% finished junior high school and elementary school. Occupation of 47.6% of the respondents' jobs were civil servants, 28.6% as housewives and 23.8% as farm labourers.

### Univariat

**Table 2.** Distribution of the frequency of anemia, compliance, knowledge, family support, health services for pregnant women

Anemia Incident	N	%
Anemia	5	11.9
No Anemia	37	88.1
Obedience		
No obedience	27	64.3
Obedience	15	35.7
Knowledge		
Not enough	33	78.6
Good	9	21.4
Attitudes		
Not enough	17	40.5
Good	25	59.5
Family support		
Does not support	29	69.0
Support	13	31.0
Health services		
Not available	17	40.5
Available	25	59.5

Anemia incidence of 88.1% of pregnant women did not experience anemia in their pregnancy. Compliance of 64.3% of pregnant women were not compliant in consuming Fe tablets. Consuming Fe tablets amounted to 78.9% of respondents' knowledge in consuming Fe Tablets was lacking. Attitude of 59.5% of respondents had a good attitude in consuming FE tablets. Compliance of 69.0% of the respondent's family did not support adherence to consuming Fe tablets. Access to health services of 59.5% access to health services is available in consuming FE tablets.

### Analisis Bivariat

**Table 3.** Cross tabulation of factors affecting adherence of pregnant women in consuming FE tablets and their relation to the incidence of anemia in pregnant women

Variable	Obedience				Total		Value
	Obedience		No obedience		n	%	
	n	%	N	%			
Knowledge							
Not enough	24	88.9	9	60.0	33	78.6	0.029
Good	3	11.1	6	40.0	9	21.4	
Attitudes							
Not enough	14	51.9	3	20.0	17	40.5	0.044
Good	13	48.1	12	80.0	25	59.5	
Family support							
Does not support	18	66.7	2	13.3	20	47.6	0.001
Support	9	33.3	13	86.7	22	52.4	
Health services							
Not available	18	66.7	3	20.0	21	50.0	0.004
Available	9	33.3	12	80.0	21	50.0	
Obedience							
No obedience	2	7.4	25	92.6	27	100	0.227
Obedience	3	20.0	12	80.0	15	100	
Total	5	11.9	37	88.1	42	100	

Table 3 From the results of the chi-square statistical test, the value of  $p$  (sig) = 0.029 is obtained. Based on the results of the Chi Square statistical test, it showed that there was an influence between the knowledge of pregnant women on the level of adherence of mothers in consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency. From the results of the chi-square statistical test, the value of  $p$  (sig) = 0.044 was obtained. Based on the results of the Chi Square statistical test, it showed that there was an influence between the attitudes of pregnant women on the level of adherence of mothers in consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency. From the results of the chi-square statistical test, the value of  $p$  (sig) = 0.001 was obtained. Based on the results of the Chi Square statistical test, it showed that there was an influence between family support for pregnant women on the level of adherence of mothers in consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency. From the results of the chi-square statistical test, the value of  $p$  (sig) = 0.004 was obtained. Based on the results of the Chi Square statistical test, it showed that there was an influence between health services on the level of adherence of mothers in consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency. From the results of the chi-square statistical test, a  $p$ -value (sig) = 0.227 was obtained. Based on the results of the Chi-square statistical test, it showed that there was no effect between the level of maternal adherence in consuming Fe tablets and the incidence of anemia in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022.

## Discussion

### **The Influence of Knowledge Level of Pregnant Women on Adherence to Consuming Fe Tablets**

Notoatmodjo stated that one of the factors that influence the level of knowledge is education, the higher a person's education, the higher the level of knowledge, so if the lower the level of education, it is possible that the level of knowledge will also be lower.

Based on Table 4.12, it shows that of the 42 pregnant women who had less knowledge and were not compliant in taking FE tablets, 57.1%. From the results of the chi-square statistical test, the value of  $p$  (sig) = 0.029 was obtained. Based on the results of the Chi Square statistical test, it shows that there is an influence between the knowledge of pregnant women on the level of adherence of mothers in consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022.

The results of this study are in line with research conducted by (Priyanto and Irawati 2020) which stated that there was a significant relationship between knowledge and adherence of pregnant women in consuming iron tablets at the Tanjung Pinang Health Center, Jambi City in 2016.

The results of this study are also in line with research conducted by (Ramadhini and Dewi 2021) which states that there is a relationship between knowledge and adherence to consuming Fe tablets at the Dasan Agung Health Center, Mataram City (12). However, the results of this study are not in line with research conducted by Purnamasari (2016) which states that there is no significant relationship between knowledge and adherence to consuming Fe tablets at the Central Bogor Health Center (Indrawati and Desraini 2018).

One's knowledge is highly dependent on sources of information, experience and other people. According to researchers, the low knowledge of pregnant women is due to a lack of sources of information and self-experience. Pregnant women generally do not know and do not understand well about the benefits of FE tablets. Pregnant women's knowledge can increase if health workers are either at the health center or at health service sites such as Poskesdes, Posyandu who can provide information regarding Fe tablets. Apart from that, the puskesmas can also provide counseling using video media and leaflet media regarding the importance of consuming FE tablets.

In terms of consuming the FE table, knowledge has an important role in determining the level of consumption of Fe tablets in pregnant women because this knowledge will have a direct effect on the attitude of pregnant women to consume tablets every day. Knowledge possessed by pregnant women gives a strong encouragement to consume Fe tablets. If someone knows and understands something then he can take attitudes and actions according to what he knows.

### **The Influence of Attitudes of Pregnant Women on Adherence to Consuming Fe Tablets**

Attitude is a predisposition for the formation of an action. Pregnant mother. Lutfi in Purnamasari states that attitude is a term that reflects a person's feelings of pleasure, displeasure or mediocre (neutral) feelings towards something which can be in the form of attitudes towards objects, events, situations of people or groups. If what arises towards something is a feeling of pleasure/interest, it will be called a positive attitude, whereas if what arises is a feeling of displeasure, it is called a negative attitude (Erwin, Machmud, and Utama 2017).

Based on Table 4.13, it is known that of the 42 pregnant women who had a poor attitude and were not compliant in taking FE tablets, 33.3%. From the results of the chi-square statistical test, the value of  $p$  (sig) = 0.044 was obtained. Based on the results of the Chi Square statistical test, it shows that there is an influence between the attitudes of pregnant women on the level of adherence of mothers in consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022.

The results of this study are in line with research conducted by Erwin (2017) which statistically showed that there was a significant relationship between attitudes and adherence of pregnant women in consuming iron tablets in the working area of the Seberang Padang Health

Center (Priyanto and Irawati 2020). (Yunika and Komalasari 2020) which states that there is a relationship between respondents' attitudes and adherence to taking iron supplements with a p value of 0.000 ( $<0.05$ ) (15).

According to the researchers' assumptions, the attitude of pregnant women who are less and non-adherent towards consuming Fe tablets is due to the lack of knowledge of the mother about the benefits of the Fe tablets themselves, besides that many pregnant women forget to consume them because the Fe tablets are placed haphazardly according to the researchers' assumption that pregnant women should put Fe tablets in an easily accessible place such as beside the bed or in the dining room. Mar'at in Ariani (2022) states that attitude consists of 3 important components that are interconnected with one another. The component forming the attitude structure is the cognitive component (perceptual component) which contains beliefs, beliefs, knowledge, and one's personal experiences. The affective (emotional) component relates to a person's ability to judge an object, and the conative component (behavioral component) relates to the tendency to act. Attitude is a predisposition for the formation of an action. Pregnant women who have a positive attitude will tend to act obediently in consuming Fe tablets, conversely pregnant women who have a negative attitude will tend to act disobedient in consuming Fe tablets during pregnancy (Yunika and Komalasari 2020).

#### **The Effect of Health Services on Adherence to Consuming Fe Tablets**

Health services are the first service that will provide services to the community. Access to health services means that health services are not hindered by geographical, economic, socio-cultural, organizational and language barriers. Geographic access can be measured by the type of transportation, distance, travel time, and other physical barriers that can prevent someone from obtaining health services (19).

Provision of iron tablets that are not sufficient for one period or distribution of iron tablets that are substandard and in the village cannot be purchased outside the health facility.

Based on Table 4.15, it shows that out of 42 pregnant women, 66.7% of pregnant women said that they did not have access to health services and were disobedient in taking FE tablets, and 80.0% of pregnant women said that they had access to health services and were obedient in taking Fe tablets. From the results of the chi-square statistical test, the value of p (sig) = 0.004 was obtained. Based on the results of the Chi Square statistical test, it shows that there is an influence between health services on the level of compliance of mothers in consuming Fe Tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022. This research is in line with research conducted by Aprilia (2019) which states that health services are related on adherence of pregnant women and consumption of iron supplement tablets (Indrawati and Desraini 2018).

Researchers assume that access to services in this village is good with a good level of compliance. Access to health services such as transportation and distance can influence a person to reach these health services. There is still access to services that are less supportive because there are still people who have difficulty reaching them, such as the absence of private transportation.

#### **The Effect of Compliance Level Consuming Fe Tablets on Anemia in Pregnant Women**

The results of the research in Table 4.16 show that out of 42 pregnant women, 59.5% of pregnant women experienced anemia and were not compliant in consuming Fe tablets. From the results of the chi-square statistical test, a p-value (sig) = 0.227 was obtained. Based on the results of the Chi-square statistical test, it showed that there was no effect between the level of maternal adherence in consuming Fe tablets and the incidence of anemia in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022.

The results of this study are in line with research conducted by (Ramadhini and Dewi 2021) which states that there is a relationship between the adherence of pregnant women to

consuming Fe tablets and the incidence of anemia in Pageraji Village, Cilongok District, Banyumas Regency.

Compliance with consumption of Fe tablets can affect the incidence of anemia in pregnancy. Compliance with consuming Fe tablets is the obedience of pregnant women in carrying out recommendations from health workers to consume Fe tablets (Erwin et al. 2017) Fe tablets are highly recommended for consumption starting from the second trimester of pregnancy and continuing until the third trimester with a minimum consumption of 90 tablets of Fe tablets (Erwin et al. 2017).

Researchers assume that there is no effect between the level of adherence to the incidence of anemia due to the high number of pregnant women who do not adhere to taking Fe tablets. This high non-adherence is due to the side effects of the Fe tablets themselves such as nausea, such as nausea, stomach cramps or a feeling of tightness in the stomach, and constipation, but not a few are still lazy or forget not to take Fe tablets.

## CONCLUSION

There is an influence on the level of knowledge of pregnant women with adherence to consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022 (p-Value = 0.029). There is an influence on the attitude of pregnant women with adherence to consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022 (p-Value = 0.044). There is an effect of access to health services on adherence to consumption of Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022 (p-Value = 0.001). There is an effect of family support on adherence to consuming Fe tablets in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2020 (p-Value = 0.004). There is no effect of the adherence level of consuming Fe tablets on the incidence of anemia in pregnant women in Pohantonga Village, Siborongborong District, North Tapanuli Regency in 2022 (P-Value = 0.227). It is expected that pregnant women will increase their knowledge by reading more and seeking information both through electronic media and brochure media. In addition, pregnant women are able to increase their knowledge by participating in counseling held by the puskesmas or poskesdes and posyandu in Pohantonga Village. The researcher hopes that this research can be developed into research with more variables so that the most powerful factor in influencing the incidence of anemia in pregnant women is known. It is expected that future researchers will develop the results of this study with more variables so that the most dominant factors influencing the incidence of anemia in pregnant women are identified. It is hoped that health workers can provide midwifery services by providing door-to-door services in the importance of being obedient in consuming iron tablets. The limitations of this research are the few respondents and the type of research that cannot see the compliance of respondents in consuming iron tablets directly, the opportunity in this research is to make food that can increase hemoglobin levels that can be consumed by pregnant women during pregnancy.

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