

The Effectiveness of the Leaflet Media on Compliance of Pregnant Women Consuming Fe Tablets at Enok Transferring Health Center

¹Eva Mayasari, ²Riska Epina Hayu

¹Health Promotion, ²Epidemiology

¹²STIKes Al Insyirah Pekanbaru, Indonesia

Jl. Parit Indah No. 38 Kota Pekanbaru Telp. (0761) 27058

ARTICLE INFO

Keywords:

Leaflet media,
Mother compliance
Consuming Fe Tablets

ABSTRACT

Pregnant women with anemia would affect, physical activity, increase morbidity and mortality, especially pregnant women with severe anemias. Basically, one's compliance can be improved by providing information to the public especially Fe tablets. To provide this information, several media are needed, one of which is leaflet. This study aims to determine the effectiveness of leaflet media on maternal compliance in consuming Fe tablets at the Enok Transfer Health Center. The population was pregnant women in the third trimester and a sample of 10 people was taken by purposive sampling. The research instrument was an observation sheet. After being given counseling with leaflets most of them were still not obedient to consume Fe tablets as much as 70.6% and those who were obedient to consume Fe tablets were 29.4 %. The bivariate results showed that the provision of counseling with leaflets was effective on maternal compliance in consuming Fe tablets at the Enok Transfer Health Center, with the Wilcoxon test obtained p. value = 0.000 < 0.05. It is hoped that the Enok Transfer Community Health Center can improve services, especially in the field of care for pregnant women, by implementing counseling using leaflet media about the consumption of Fe tablets.

E-mail:

evamayasari86@gmail.com

Copyright © 2020 Science Midwifery.

1. Introduction

Anemia in pregnancy is a major public health problem, especially in developing countries. This anemia affects 41.8% of pregnant women. Pregnant women with anemia will affect physical activity, increase morbidity and mortality, especially pregnant women with severe anemia (Aisyah & Fitriyani, 2016).

Based on data from the *World Health Organization* (WHO) in 2015, the global incidence of anemia in pregnant women is 28-36 million people, while the highest number of anemia is in Asia, which is 12-22 million people, and the lowest is in Oceania or area in the Pacific Ocean around 100-200 people (WHO, 2011).

The prevalence of anemia in pregnant women in Indonesia is 37.1% (Riskseddas, 2016). The provision of Fe tablets in Indonesia in 2015 was 85%, this prevalence has increased compared to 2014 which was 83.3% (Ministry of Health of the Republic of Indonesia, 2016). The incidence of anemia in pregnancy in Riau Province has increased. In 2016 there were 2,765 pregnant women with Hb < 11 g% and in 2017 it increased to 3,211 pregnant women with Hb < 11 gr%. Based on data obtained from the Indragiri Hilir District Health Office, data on the number of pregnant women with HB < 11 gr% in Indragiri Hilir Regency in 2016 recorded 1500 people, in 2017 there were 2886 people and in 2018 there were 2075 people. Meanwhile, the incidence of anemia in Enok District in 2016 was recorded at 74 cases, in 2017 it increased to 162 cases, while in 2018 the incidence of anemia continued to increase to 191 people.

Anemia in pregnancy is a major public health problem, especially in developing countries. This anemia affects 41.8% of pregnant women. Pregnant women with anemia will affect physical activity, increase morbidity and mortality, especially pregnant women with severe anemia (Aisyah & Fitriyani, 2016). Based on data from the *World Health Organization* (WHO) in 2015, the global incidence of anemia in pregnant women is 28-36 million people, while the highest number of anemia is in Asia, which is 12-22 million people, and the lowest is in Oceania or area in the Pacific Ocean around 100-200 people (WHO, 2011).

The prevalence of anemia in pregnant women in Indonesia is 37.1% (Riskesdas, 2016). The provision of Fe tablets in Indonesia in 2015 was 85%, this prevalence has increased compared to 2014 which was 83.3% (Ministry of Health of the Republic of Indonesia, 2016). The incidence of anemia in pregnancy in Riau Province has increased. In 2016 there were 2,765 pregnant women with Hb <11 g% and in 2017 it increased to 3,211 pregnant women with Hb < 11 gr%. Based on data obtained from the Indragiri Hilir District Health Office, data on the number of pregnant women with HB <11 gr% in Indragiri Hilir Regency in 2016 recorded 1500 people, in 2017 there were 2886 people and in 2018 there were 2075 people. Meanwhile, the incidence of anemia in Enok District in 2016 was recorded at 74 cases, in 2017 it increased to 162 cases, while in 2018 the incidence of anemia continued to increase to 191 people.

The uses and advantages of *leaflets* are that they are simple and very cheap, people can customize and study independently, users can view the contents at leisure, information can be shared with family and friends. *Leaflets* can also provide details (eg statistics) that would not have been possible if delivered orally. Effectiveness is something that has an effect or result, is effective, brings results and is the success of an effort or action (Kholid, 2012). Based on data from the Enok Transfer Health Center, the number of anemia in pregnant women in 2017 was recorded as many as 42 people with HB <8 g%, and as many as 191 people with HB 8-11 g%. Whereas in 2018 the incidence of anemia in pregnant women was 30 people with HB <8 gr%, and as many as 154 people with HB 8-11 gr%. From this data, it can be seen although the incidence of anemia has decreased, it is still quite high.

Based on data from the Enok Transfer Community Health Center, the coverage of Fe tablets at the Enok Transfer Health Center in 2018 was quite good, namely the coverage of giving 100% Fe1 tablets and Fe3 tablets of 96.92% but the prevalence of anemia is still relatively high 63.63% (Puskesmas Pengalih Enok, 2018). Based on the researcher's initial survey on January 11, data on the target number of pregnant women were 391 people in 2018. In addition, researchers conducted HB examinations on 10 pregnant women, and the results obtained were 6 of them showing HB <11 gr. From the results of the conjunctiva eye examination, there were 6 people among them are pale and they also admit that they do not regularly consume Fe tablets.

2. Method

This type of research is quantitative with a pre-experimental design with one group pretest-posttest. The population was pregnant women in the third trimester and a sample of 12 people, sampling by total sampling. The research instrument was an observation sheet. Data analysis using univariate and bivariate.

3. Result and Analysis

3.1 Univariate Analysis

a. Maternal Compliance in Consuming Fe Tablets Before Given Extension Using *Leaflets*

Table 1
Maternal Compliance

Obedience	Frequency	Percentage
	(n)	(%)
Not obey	10	10
Obey	0	0
Total	10	100

Based on table 1 above, it is known that all pregnant women before being given counseling

with leaflets did not consume 100% of the pathway to consuming Fe tablets.

b. Maternal Compliance in Consuming Fe Tablets After Administration Extension Using Leaflets

Table 2
Maternal Compliance

Obedience	Frequency	Percentage
	(n)	(%)
Not obey	4	40
Obey	6	60
Total	10	100

Based on table 4.2 above, it is known that pregnant women after being given counseling with leaflets, some respondents obeyed to consume Fe tablets as much as 60% and those who did not comply took Fe tablets as much as 40%.

3.2 Bivariate Analysis

a. The effectiveness of Leaflet Media Against Maternal Compliance Consuming Fe tablets at the transfer health center Enok

Table 3

The effectiveness of Leaflet Media Against Maternal

No.	Category	N	Mean (min-max)		P value
			Before	After	
1.	Decline amount Fe tablet that consumed	0			
2.	Enhancement	9	3,1 (2-7)	9.0 (7-10)	0.007

Based on table 3, pregnant women, it is known that the average value before counseling with leaflets was 1 and after counseling was given where the leaflet is 9.0, and as many as 9 people respondents adherence increased in consuming Fe tablets, besides that there was 1 respondent whose adherence did not change in consuming Fe tablets. This indicates that the leaflet media is effective for maternal compliance in consuming Fe tablets at the Enok Transfer Health Center, with the Wilcoxon test found p value = $0.007 < 0.05$.

3.3 Discussion

a. The effectiveness of leaflet media on maternal compliance in consuming Fe tablet at Enok transfer public health centre

Based on research results it is known that giving counseling using leaflets was effective for maternal compliance in consuming Fe tablets at the Enok Transfer Health Center, this was supported by the results of univariate research that all pregnant women before being given counseling with leaflets were not obedient to consuming Fe tablets and after being given counseling with leaflets some mothers obeyed to consume 60% Fe tablets.

Meanwhile, the bivariate results showed that the average value before extension with leaflets was 3.1 and after counseling with leaflets was 9.0. This indicates that the leaflet media is effective for maternal compliance in consuming Fe tablets at the Enok Transfer Health Center, with the Wilcoxon test found p value = $0.007 < 0.05$. According to research by Sestiana (2013), it was found that 67% of leaflets were effective in influencing a person's behavior. Yuliana's research (2012) found that 70% of the effectiveness of the leaflets was influenced by the image messages conveyed in the leaflets.

In addition, the results of these studies also show that counseling with using leaflet media affects the compliance of pregnant women in consuming Fe tablets. Several researchers revealed that the incidence of anemia in pregnant women is associated with low levels compliance of pregnant women in consuming Fe Tablets. The treatment that is usually carried out for pregnant women who have iron deficiency anemia is the provision of iron supplements of 60-120 mg (Bobak, Lowder milk, Jansen, 2014). A 30 mg iron supplement is recommended for all pregnant women during the second and third trimesters to prevent anemia. To meet iron deficiency during pregnancy, pregnant women must

increase their iron consumption, which is around 45-50 mg / day (Sukarni & Wahyu, 2013), to Andani (2012), basically a person's compliance can be improved by providing information to the public about health, especially in consuming Fe tablets for prevent anemia in time pregnancy. To provide this information, several media are needed, one of which is leaflet. Leaflets are documentation and product communication that provides an introduction and overview of an organization or activity. A leaflet can be used to promote NGOs / organizations community-based activities, publish services or activities, and communicate with messages, specific messages containing brief reports and clear information to provide a clear and simple picture rather than a detailed description.

The uses and advantages of leaflets are that they are simple and very cheap, people can customize and study independently, users can view the contents at leisure, information can be shared with family and friends. Leaflets can also provide details (eg statistics) that would not have been possible if delivered orally. Effectiveness is something that has an effect or result effective, brings results and is the success of an effort or action (Adisusilo, 2010).

Consumption of Fe tablets can not only have a positive effect on increasing Hb levels, but can also cause side effects such as nausea, vomiting and also obstipation. In addition, the lack of information regarding the benefits and importance of Fe tablets indirectly affects the compliance of pregnant women to consume Fe tablets, adherence / regularity of treatment is also determined by the attention of the worker health to provide counseling, explanations to pregnant women if necessary to make home visits and medicines that are always available for that, adequate information is needed about giving Fe tablets to pregnant women through counseling (Triratnawati, 2011).

According to the researchers' assumptions, leaflets were very effective in improving behavior of pregnant women in consuming FE tablets. This is supported by the results of the study, although pregnant women do not adhere to consuming Fe tablets. Overall, however, there was an increase in the number of Fe tablets consumed by pregnant women after Leaflets were given. This condition proved that there was an increase in behavior after being given counseling on the benefits of Fe tablets using leaflet media.

In addition, the presentation of material about Fe tablets displayed on the leaflet is quite clear, so that respondents who have never previously been given counseling on Fe tablets can read and understand the contents of the leaflet well. However, from the results of the study, there were some respondents who were still not obedient to consuming Fe tablets even though they had been given leaflets, this was because they did not concentrate when they were given counseling.

4. Conclusion

Compliance of pregnant women before being given counseling with leaflets was completely non-adherent to consuming Fe tablets, namely 100%. The compliance of pregnant women after being given counseling with leaflets was mostly still not obedient to consuming Fe tablets as much as 70.6% and those who obeyed taking Fe tablets were as much as 29.4%. Providing counseling with leaflets on the effectiveness of maternal compliance in consuming Fe tablets at the Enok Transfer Health Center, with the Wilcoxon test obtained p. value = 0.000 < 0.05.

5. References

- Arisman. (2007). Ilmu Kesehatan Gizi. Jakarta : EGC
- Asmuni, (2017). Gizi Ibu Hamil. Jakarta: Dutapress
- Arumsari(2008). Faktor-faktor yang berhubungan dengan Kejadian Anemia Pada Ibu Hamil di Sleman. <http://www.pdf-jurnal-kesehatan.com>. diakses 21 Januari 2019
- Aditian, (2009). Pengaruh Status Gizidan Pola Makan Terhadap Kejadian Anemia Pada Ibu Hamil di di Pulau PramukaKepulauan Seribu. <http://www.pdf-jurnal-kesehatan.com>. diakses 28 Januari 2019
- Bobak, Lowdermilk, Jansen, (2014). Maternitas. Jakarta : EGC
- Depkes. RI, (2014). Rekapitulasi Kejadian Anemia Pada Ibu Hamil <http://www.komdat.com>. diakses 10 Januari 2019
- Delia, L (2016). Anemia Jakarta: Medical Books
- Diana, (2013). Tanaman Obat di Lingkungan. Jakarta: Bumi Aksara
- Dwina (2015). Pengaruh pemberian Jus Tomat campur Bayam terhadap peningkatan Kadar HB ibu hamil di Desa Lungai
- Heryati, dkk. (2011). Gizi Dalam Kesehatan Reproduksi. Jakarta: ECG

Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

- Hestiantoro, dkk, (2013). Anemiadalam Kehamilan Jakarta : FKUI
- Profil Kesehatan Riau, (2017). Kasus Anemia di Provinsi Riau
- Purwanto, B. (2016). Obat Herbal Andalan Keluarga Terampil Meramu Sendiri Obat Alami di Rumah. Jakarta: Flashbooks
- Rozaline, (2016). Khasiat tanaman Bagi Kesehatan. Jakarta: Pustaka Pelajar
- Sartika. (2015). Ilmu Kesehatan Gizi. Jakarta : EGC
- Setyaningrum dan Aziz, (2014). Pelayanan Keluarga Berencana dan Kesehatan Reproduksi. Jakarta: Trans Info Media
- Sayogo, (2016). Gizi Pada Wanita. Jakarta : FKUI
- Sukarni & Wahyu, (2013). Efektivitas Mengonsumsi Jus Tomat dan Bayam dalam meningkatkan kadar HB ibu hamil di Desa Wonogiri. <http://www.pdf-jurnal-kesehatan.com>. diakses 10 Januari 2019
- Suparissa. (2012). Ilmu Gizi. Jakarta : EGC
- Utamadi, (2010). Masalah Gizi dalam Kehamilan. Jakarta : EGC
- Vitahealth, (2006). Pengobatan Tradisional. Jakarta : Pressbooks
- Arisman. (2007). Ilmu Kesehatan Gizi. Jakarta : EGC
- Asmuni, (2017). Gizi Ibu Hamil. Jakarta: Dutapress
- Arumsari (2008). Faktor-faktor yang berhubungan dengan Kejadian Anemia Pada Ibu Hamil di Sleman. <http://www.pdf-jurnal-kesehatan.com>. diakses 21 Januari 2019
- Adition, (2009). Pengaruh Status Gizi dan Pola Makan Terhadap Kejadian Anemia Pada Ibu Hamil di Pulau Pramuka Kepulauan Seribu. <http://www.pdf-jurnal-kesehatan.com>. diakses 28 Januari 2019
- Bobak, Lowdermilk, Jansen, (2014). Maternitas. Jakarta : EGC
- Depkes. RI, (2014). Rekapitulasi Kejadian Anemia Pada Ibu Hamil <http://www.komdat.com>. diakses 10 Januari 2019
- Delia, L (2016). Anemia Jakarta: Medical Books
- Diana, (2013). Tanaman Obat di Lingkungan. Jakarta: Bumi Aksara
- Dwina (2015). Pengaruh pemberian Jus Tomat campur Bayam terhadap peningkatan Kadar HB ibu hamil di Desa Lungai
- Heryati, dkk. (2011). Gizi Dalam Kesehatan Reproduksi. Jakarta: EGC
- Hestiantoro, dkk, (2013). Anemiadalam Kehamilan Jakarta : FKUI
- Profil Kesehatan Riau, (2017). Kasus Anemia di Provinsi Riau