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The Effect of Blood Adding Tablet Consumption on Hb Levels of Pregnant Women at the Silau Laut Health Center, Silau District, Asahan Regency in 2021

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ABSTRACT

Factors that cause birth weight babies include lack of Hb levels in pregnant women. Lack of hemoglobin (Hb) levels of less than 11 g/dl. Anemia in pregnant women increases the risk of getting a Low Newborn Baby (LBW), the risk of bleeding before and during delivery, can even cause the death of the mother and baby if the pregnant woman suffers from severe anemia. The purpose of this study was to determine the effect of blood-supplementing tablet consumption on pregnant women's Hb levels at the Silau Laut Health Center, Silau District, Asahan Regency in 2021. This type of research is cross sectional with analytic character. The population in this study were all pregnant women living in the working area of the Sialu Laut Health Center as many as 165 people, a sample of 25 people was taken, using acidental sampling. The data collected in the study is primary data, namely data obtained directly from respondents. The data analysis used is univariate analysis and bivariate analysis. The results of the pree tabulation of the consumption of blood-added tablets on the Hb level of pregnant women, namely the majority experienced anemia as many as 16 (64%) respondents with a Mean value of 0.36, Standard Deviation value of 0.490, Standard Error value of 0.098. The results of the tabulation of post-consumption of blood-added tablets on the Hb level of pregnant women were the majority not anemic as many as 22 (88%) respondents with a Mean value of 0.88, a Standard Deviation value of 0.332, a Standard Error value of 0.066. The average consumption of blood enhancing tablets from 25 respondents with a Mean - 0.520, Standard error 0.117, and Standard Deviation 0.586. statistical test results obtained -value = 0.000 which means that there is an effect of consuming blood-enhancing tablets on pregnant women's HB levels All health workers at the Silau Laut Health Center are expected to be more active in implementing posyandu for pregnant women and providing health education related to healthy pregnancy to pregnant women and how to safely consume blood boosting tablets.

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1. Introduction

In developing countries, including Indonesia, nutritional problems are a major health problem and a cause of maternal and child mortality. The high rate of maternal and infant mortality as well as infants with low birth weight (LBW) is essentially determined by the nutritional status of the mother during pregnancy. According to WHO, low birth weight (LBW) is defined as a baby born weighing less than 2500 grams. LBW continues to be a significant global public health problem because of its short and long term effects on health (WHO, 2014).

According to RISKESDAS data (2018) in Indonesia, pregnant women who received iron tablets were 73.2% and who did not receive iron tablets were 26.8%, pregnant women who consumed less

than 90 iron tablets were 61.9% and more than 90 items as much as 38.1%. Pregnant women who experienced anemia aged 15-24 were 84.6%, aged 25-34 years were 33.7%, aged 35-44 years were 33.6% and aged 45-54 years were 24%.

The coverage of pregnant women who received 90 iron tablets in North Sumatra showed an increase in 2005 by 33.03%, increased to 53.09% in 2007 and became 76.67% in 2008 and decreased slightly to 75% in 2009 and in 2010 it fell to 68.85%, this figure is still far from the specified target of 80%. In 2018 70.9% (Riskesdas, 2018). Anemia in pregnant women can increase the risk of premature birth, maternal and child mortality, and infectious diseases. Iron deficiency anemia in the mother can affect the growth and development of the fetus/infant during pregnancy and afterward. The results of Riskesdas 2018 state that in Indonesia 48.9% of pregnant women experience anemia. As many as 84.6% of anemia in pregnant women occurred in the age group 15-24 years. To prevent anemia, every pregnant woman is expected to get a blood-supplementing tablet (TTD) of at least 90 tablets during pregnancy. North Sumatra Profini data shows that 56.4% of pregnant women received blood-enhancing tablets and 92.8% who received <90 tablets were found in the province of North Sumatra (Riskesdas, 2018)

Anemia that occurs during pregnancy causes the baby's iron supply at birth to be inadequate. Though iron is needed for the development of the baby's brain at the beginning of his birth. Pregnant women if at the beginning of their pregnancy the hemoglobin level is low, which is less than 11 g%, then iron supplements are needed to be sufficient. And if the hemoglobin level of pregnant women is low, they will experience anemia, malnutrition, intestinal worms, and are also at risk for bleeding during childbirth

Efforts to overcome iron nutritional anemia in pregnant women are carried out by increasing the coverage of iron tablet supplementation. Another effort that can be made is to pay attention to the consumption patterns of pregnant women who must still refer to a healthy and balanced diet contained in the general message of balanced nutrition (PUGS). The regulation of eating in pregnant women is not on the amount or quantity but on the quality or composition of the nutrients, because these factors are more effective and functional for the health of the mother and fetus. For example, to increase the consumption of foods high in iron such as milk, meat, and green vegetables (Haryanto, 2002).

Iron tablets as a supplement given to pregnant women according to the rules must be consumed every day. However, due to various factors such as poor knowledge, attitudes and actions of pregnant women, the side effects of tablets caused by these tablets can trigger a person to not comply with the consumption of iron tablets correctly so that the purpose of giving the tablets is not achieved. Based on data from Riskesdas of Asahan Regency in 2018, 48.9% of pregnant women experienced anemia. Meanwhile, in 2020 it increased to 49.1%. Data from the Silau Laut Health Center with the number of pregnant women in 2021 as many as 314 pregnant women, and experiencing anemia as many as 24 people and some pregnant women who received blood boosting tablets.

2. Method

The type of research used in this research is the type of research is quantitative Pre-experimental design, which is a study that carries out activities because this is not a real experiment, because there are still external variables that influence the formation of the dependent variable, it is not solely influenced by the variable. independent. This study uses a One Group pre-test and post-test design without a control group, the subject group is observed before the intervention, then observed again after the intervention. The population in this study were all pregnant women living in the working area of the Sialu Laut Health Center as many as 165 people. Sampling using accidental sampling technique, where the researcher happened to meet with pregnant women who wanted to check their pregnancy at the Silau Laut Health Center as many as 25 pregnant women. Researchers conducted research for 3 days.

Univariate analysis in this study was to analyze the frequency distribution and presentation of demographic data (age, gender, religion, occupation, status, education), both consumption of blood-added tablets and the third level of HB. In analyzing the data bivariately, the data examiner was carried out using a statistical test of the t-dependent test, which was to compare the data before and after being given acupressure therapy and obtained the mean difference between the pre-test and the post-test. The level of significance is 95% ($\alpha = 0.005$).

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3. Results and Discussion

3.1 Analysis And Results

TABLE 1
DISTRIBUTION OF PREE CONSUMPTION OF BLOOD ADDING TABLETS ON HB LEVELS OF PREGNANT WOMEN AT THE SILAU LAUT HEALTH CENTER, SILAU LAUT DISTRICT, ASAHAN REGENCY IN 2021

No	Categori	Jumlah	Persen (%)
1	Anemia	16	64
2	No Anemia	9	36
	Total	**25**	**100**

Of the 25 respondents (100%), the majority experienced anemia as many as 16 (64%) respondents with a Mean value of 0.36, Standard Deviation value of 0.490, Standard Error value of 0.098. Based on this, the researchers concluded that low hemoglobin levels can cause various disorders for pregnant women and their fetuses. Pregnant women in consuming blood-enhancing tablets are influenced by several factors, namely the presence of nausea and even vomiting after consuming blood-enhancing tablets, lazy and forgetful. The attitude of determining pregnant women in maintaining their pregnancy is one of them paying attention to the iron needs which are important during pregnancy. Motivation is behavior that arises due to encouragement from within a person and is followed by awareness and willingness to consume blood-boosting tablets without affecting the side effects.

TABLE 2
ANALISIS UNIVARIAT DISTRIBUTION OF POST CONSUMPTION OF BLOOD ADDING TABLETS ON HB LEVELS O F PREGNANT WOMEN AT THE SILAU LAUT HEALTH CENTER, SILAU LAUT DISTRICT, ASAHAN REGENCY IN 2021

No	Categori	Jumlah	Persen (%)
1	Anemia	3	12
2	No Anemia	22	88
	Total	**25**	**100**

Variabel	Mean	N	Std. Deviation	St. Error
Post Consumption of Blood Booster	0.88	25	0.332	0.066

Of the 25 respondents (100%), the majority were not anemic as many as 22 (88%) respondents with a Mean value of 0.88, a Standard Deviation value of 0.332, and a Standard Error value of 0.066. According to the researcher's assumption, the role of health workers is very important in directing pregnant women to comply with the regulations for taking blood-boosting tablets. Blood booster tablets will be useful if pregnant women get at least 90 tablets regularly

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TABLE 3
ANALISIS BIVARIATE FREQUENCY DISTRIBUTION OF THE EFFECT OF BLOOD ENHANCING TABLET CONSUMPTION ON HB LEVELS OF PREGNANT WOMEN AT THE SILAU LAUT HEALTH CENTER, SIALU LAUT DISTRICT, ASAHAN REGENCY IN 2021

Variabel	Mean	Std. Error	Std.Deviation	ρ-value	CI-95%
Pre-Post Consumption of Blood Enhancing Tablets	- 0.520	0.117	0.586	0.000	-0.762 - - 0.278

Of the 25 respondents with a Mean - 0.520, Standard error 0.117, and Standard Deviation 0.586. the statistical test results obtained a value of -value = 0.000 which means that there is an effect of consuming blood-enhancing tablets on the HB levels of pregnant women. There are several ways that can be done to determine the level of compliance, including the decision of health workers based on the results of the examination, observing the prescribed treatment schedule, namely taking blood-boosting tablets according to the dose and taken once a day at night, assessing the purpose of treatment, calculating the number of tablets or pills at the end of treatment. Based on this, the researchers concluded that the increase in hemoglobin levels can be influenced by the level of compliance of pregnant women in consuming blood-enhancing tablets.

3 Conclusion

Distribution before consumption of blood-added tablets who experienced anemia as many as 16 (64%) respondents with a Mean value of 0.36, a Standard Deviation value of 0.490, a Standard Error value of 0.098, while post-consumption experienced no anemia as many as 22 (88%) respondents with a Mean value of 0.88 , the Standard Deviation value is 0.332, the Standard Error value is 0.066 and the average consumption of blood-enhancing tablets from 25 respondents with a Mean - 0.520, Standard error 0.117, and Standard Deviation 0.586. statistical test results obtained p -value = 0.000.

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