

## **THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND HEALTH WORKERS WITH COMPLIANCE OF PREGNANT WOMEN IN CONSUMING FE TABLETS**

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### **ABSTRAK**

The results of Riskesdas in Indonesia in 2018 showed that the proportion of pregnant women who received iron tablets was 73.2% while those who consumed Fe were 23.8%. The compliance coverage of pregnant women is still low in consuming iron supplement tablets. The purpose of this research is to analyze the relationship between family support and health workers on the compliance of pregnant women in consuming Fe tablets at the Lembur Health Center in Alor Regency. Design this research is a type of quantitative research with a cross-sectional design. Respondents were taken by accidental sampling technique. With a sample of 30 people. Data analysis used the Chi Square test. The results of the analysis using the chi square test show that there is a relationship between family support and consumption of Fe tablets at the Alor Regency Lembur Health Center in 2022 with a P-Value of 0.012. 0.594. Efforts to increase adherence to consumption of FE tablets for pregnant women can be carried out by increasing family knowledge and awareness by conducting counseling by health workers to the community.

Keywords: fe tablet; family support; health workers support

### **INTRODUCTION**

Pregnant women are among the demographic at risk of malnutrition due to the fact that pregnancy is a period characterized by elevated energy metabolism, consequently leading to an increased demand for energy and various essential nutrients throughout the pregnancy. According to Kleins et al., (2012) it is very difficult for pregnant women to get enough iron even though they have consumed foods high in iron every day. This situation is due to iron being a nutrient that cannot be obtained in adequate amounts from food consumed during pregnancy (Bobak et al., 2015). Iron deficiency in pregnant women can cause anemia. Anemia in pregnancy can have harmful effects on the mother and fetus. body. According to Ani (2013) There are various causes of anemia, including iron deficiency anemia. According to Soekirman, (2012), iron nutritional anemia is a condition of decreased iron reserves in the liver, so that the amount of blood hemoglobin decreases below normal. Anemia in pregnancy can be prevented by providing iron supplementation, which is usually given routinely to pregnant women to prevent depletion of body iron stores (Proverawati, 2015; Sariyati, 2019). Adherence of pregnant women taking iron pills is an important factor in ensuring an increase in hemoglobin levels of pregnant women. Factors that influence adherence to consuming Fe tablets in pregnant women include knowledge (Fouelifack et al., 2019).

Family support according to Friedman & Marilyn, (2013) is an attitude, an act of family acceptance of its family members. As per the Indonesian Law number 36 of 2014 regarding healthcare professionals, health workers refer to individuals engaged in the healthcare field with knowledge and/or skills acquired through formal education in the healthcare sector, and, in specific cases, authorized to carry out healthcare activities. The results of Riskesdas in Indonesia in 2018 showed that the proportion of pregnant women who received iron tablets was 73.2% while those who consumed (Fe  $\geq$  90) was 23.8% (Balitbangkes, 2019). These data indicate that the coverage of compliance of pregnant women in consuming supplemented tablets is still low. blood. The program to prevent anemia in pregnant women in Indonesia is

carried out by giving iron supplements as much as 90 tablets during pregnancy. Iron supplements have long been given routinely to pregnant women at Puskesmas and Posyandu, using tablets containing 60 mg/day can increase Hb levels by 1 g% per month. So far the results have not been encouraging, as evidenced by the high prevalence of anemia in pregnant women both at the national level, which is 48.9% (Balitbangkes, 2019).

Based on an initial investigation conducted at the Lembur Health Center in Alor Regency in January 2022, it was observed that 6 out of 10 pregnant women in their third trimester consumed fewer than 90 iron tablets. These findings underscore the non-compliance of a significant number of pregnant women when it comes to iron tablet consumption. Consequently, the researchers are motivated to explore the correlation between support from families and healthcare providers and the adherence of pregnant women to their iron tablet regimen at the Lembur Health Center in Alor Regency. The primary objective of this study is to examine the connection between family support and healthcare provider involvement in shaping the adherence of pregnant women to their iron tablet regimen at the Lembur Health Center in Alor Regency.

## METHODS

In this research, a cross-sectional methodology is employed, and the sampling technique used is accidental sampling. The data collection instrument consists of a questionnaire, and the study involves a sample size of 30 respondents. The variables under examination include family support, support from healthcare professionals, and adherence to the consumption of iron tablets. Data analysis will be performed utilizing the Chi-Square test. Test the validity of measuring instruments for question items on the questionnaire family support, health worker support, and compliance of pregnant women. Validity testing with the help of computer application programs generate correlations, On the questionnaire it is said to be valid if the value of R is calculated  $> r$  table. According to the table  $r$  with a significant level of 5% then the value of  $r$  is 0.632. The  $r$  value of calculating all family support questionnaire questions was in the range of 0.691-0.854, health worker support in the range of 0.782-0.904, while compliance consumption of Fe tablets in the range of 0.667-0.800 thus all questions on the questionnaire were declared valid. Reliability measurement using the help of computer software with Alpha formula Cronbach. A variable is said to be reliable if it provides a value Cronbach's alpha  $> 0.7$ . The reliability score on the family support questionnaire measurement instrument is 0.707, the support of health workers is 0.802, and the value of the compliance of pregnant women is 0.709.

## RESULT

Table 1.  
Distribution of Respondents Based on the support of the Fe family (n=30)

Family support	f	%
Not enough	17	56,7
Enough	4	13,3
Good	9	30.0
Total	30	100.0

Table 1 it is known that most of the respondents have less family support, namely 17 people (56.7%).

Table 2.

Distribution of Respondents Based on the support of Fe health workers (n=30)

Health Workers Support	f	%
Not enough	5	16,7
Enough	5	16,7
Good	20	66,7

Table 2, it is known that the majority of respondents have the support of health workers in the good category, namely 20 people (66.7%).

Table 3.

Distribution of Respondents Based on consumption of Fe tablets n=30)

Consumption of FE tablets	f	%
Not obey	18	60.0
obey	12	40.0

Table 3 it is known that the majority of respondents who consumed Fe tablets were in the non-adherent category, namely 18 people (60%).

Table 4.

Results Analysis The relationship between family support and consumption of Fe tablets (n=30)

Family support	Consumption of Fe Tablets				Total	p-values
	Not obey		obey			
	f	%	f	%		
Not enough	12	70.6%	5	29.4%	17	0.012
Enough	4	100	0	0	4	
Good	2	22.2%	7	77.8%	9	

Table 4 utilizing the chi-square test to assess the connection between family support and the consumption of iron tablets, reveal a p-value of 0.012, which is less than 0.05. Hence, from a statistical perspective, it can be concluded that there is a significant relationship between family support and the consumption of iron tablets at the Lembur Health Center in Alor Regency.

Table 5.

Results Analysis The relationship between health worker support and consumption of Fe Tablets (n=30)

Health Workers Support	Consumption of FE tablets				Total	P-Value
	Not obey		obey			
	f	%	f	%		
Not enough	4	80	1	20	5	0.594
Enough	3	60	2	40	5	
Good	11	55	9	45	20	

Table 5 based on the results of the analysis using the chi square test regarding the relationship between family support and consumption of Fe tablets, it is known that the p-value is  $0.594 > 0.05$ . Thus statistically it can be stated that there is no relationship between the support of health workers and the consumption of Fe tablets at the Lembur Public Health Center in Alor Regency.

## DISCUSSION

### Family support

Based on the results of the study it was found that the majority of respondents had less family support, 17 people (56.7%). These results indicate that most pregnant women at the Lembur

Health Center in Alor district do not get family support in adherence to consuming Fe tablets. Lack of family support will reduce the motivation of mothers to consume Fe tablets. Lack of family support, in this case husband's support, is caused by husband's lack of knowledge about the importance of consuming Fe tablets. The husband's lack of knowledge results in low husband support for adherence to consumption of Fe tablets in pregnant women. Husbands tend to care less if their pregnant wife does not consume Fe tablets regularly. In addition, the important role of the husband in providing information is also very influential on the wife in consuming Fe tablets. This is in line with the opinion of Friedman & Marilyn (2013) that a strong husband-wife bond helps when the family faces problems, because husbands and wives really need support from their partners.

This is because the person most responsible for his family is the couple themselves. Family support represents an interpersonal relationship encompassing the attitudes, actions, and acceptance shown by family members towards each other. It manifests through various means such as informational support, appraisal support, instrumental support, and emotional support, all of which contribute to family members' sense of being cared for and looked after. This is in line with research conducted by Herawati, (2021) which stated that there was a significant relationship between poor family support and irregularity in consuming Fe tablets in the Work Area of the Public Health Center with Difficult Water. The existence of family support, especially the husband, can encourage pregnant women to be more enthusiastic in dealing with the changes that occur during their pregnancy, including maintaining the health of their pregnancy through increasing their prenatal care visits and consuming Fe tablets. This is in line with research conducted by Herawati (2019) which stated that there was a significant relationship between poor family support and irregularity in consuming Fe tablets in the Work Area of the Public Health Center with Difficult Water (Herawati, 2021; Khammarnia *et al.*, 2016).

The existence of family support, especially the husband, can encourage pregnant women to be more enthusiastic in dealing with the changes that occur during their pregnancy, including maintaining the health of their pregnancy through increasing their prenatal care visits and consuming Fe tablets. This is in line with research conducted by Herawati (2021) and Piskin *et al.*, (2022) which stated that there was a significant relationship between poor family support and irregularity in consuming Fe tablets in the Work Area of the Public Health Center with Difficult Water. The existence of family support, especially the husband, can encourage pregnant women to be more enthusiastic in dealing with the changes that occur during their pregnancy, including maintaining the health of their pregnancy through increasing their prenatal care visits and consuming Fe tablets.

### **Health Workers Support**

The results showed that the majority of respondents at the Lembur Health Center had the support of health workers in the good category, namely 20 people (66.7%). These results indicate that the support of health workers at the Lembur health center in Alor district for the adherence of pregnant women in consuming Fe tablets is good. In the opinion of researchers, the support of good health workers will increase the compliance of pregnant women in consuming Fe tablets. consumption of Fe tablets in pregnant women. The role of health workers is to provide health services to the community, for example, providing health education to the community. Health services for pregnant women, in addition to prenatal check-ups, are also accompanied by administration of Ferrosus Sulfate tablets to prevent iron anemia in pregnant women (Olaniran *et al.*, 2019). The results of this study showed that there were respondents who received less support from health workers, which was in accordance

with the results of the questionnaire obtained, namely 6 respondents who received less support from health workers, the results of these respondents received less emotional support and less informational support.

Emotional support provided by health workers can be done by listening to complaints submitted by pregnant women, and asking pregnant women about adherence to consuming iron tablets in pregnant women (Triharini *et al.*, 2018). Information support that can be provided by health workers to pregnant women is to provide information about the benefits of iron tablets during pregnancy. These results can be used by health workers in order to increase emotional support and increase information support for pregnant women so that pregnant women get the support of good health workers. Efforts to increase family knowledge and awareness to support pregnant women in consuming Fe tablets can be carried out by counseling by health workers to the community, especially pregnant women and their husbands on a regular and massive basis so that they are also concerned that consumption of Fe tablets is very important for maintaining the health of pregnant women (Siekman *et al.*, 2018; Wiradnyani *et al.*, 2016).

### **Compliance with Consumption of Fe Tablets**

Based on the results of the study it was found that the majority of respondents at the Lembur Health Center in Alor Regency consumed FE tablets in the disobedient category, namely 18 people (60%). bored from pregnant women because the FE tablets obtained from the health center must be taken every day until they run out of 90 tablets during pregnancy. Another factor is that pregnant women forget to take FE tablets due to lack of support from the family. then the factor of the respondent's lack of knowledge about the benefits of drinking FE tablets. This opinion is also in line with research conducted by Hastanti which said that there is a relationship between Knowledge and Compliance of Pregnant Women in Consuming Iron (Fe) Tablets. Then research was conducted by Davidson *et al.*, (2022) which stated that there was a significant relationship between poor family support and irregularity in consuming Fe tablets.

### **The Relationship between Family Support and Consumption Compliance Compliance of Pregnant Women in Consuming FE Tablets at the Lembur Public Health Center in Alor Regency**

The results showed that most of the respondents had less family support as many as 17 people with details of consumption of FE tablets in the non-adherent category of 70.6% and those who had consumption of FE tablets in the obedient category of 29.4%. Based on the results of the analysis using the chi square test regarding the relationship between family support and consumption of FE tablets, it is known that the P-Value is  $0.012 < 0.05$ . Thus statistically it can be stated that there is a relationship between family support and adherence to consumption of Fe tablets at the Lembur Health Center in Alor Regency in 2022. In the opinion of researchers, mothers who do not get family support will tend to be negligent in consuming FE tablets, whereas mothers who receive good family support will be more adherence in consuming Fe tablets.

The results of this study are in line with research conducted by Austa Nusra *et al.*, (2022) which stated that there was a significant relationship between poor family support and irregularity in consuming Fe tablets. Another study that is in line with this research, namely research conducted by Juwita, (2018) states that there is a significant relationship between family support and the level of adherence of pregnant women to consuming Fe tablets. Efforts to increase family knowledge and awareness to support pregnant women in consuming Fe

tablets can be carried out by counseling by health workers to the community, especially pregnant women and their husbands on a regular and massive basis so that they are also concerned that consumption of Fe tablets is very important to maintain the health of the mother and fetus. .

### **The Relationship between Health Worker Support and Consumption Compliance of Pregnant Women in Consuming FE Tablets**

The results showed that the majority of respondents had the support of 20 good category health workers with details of consumption of FE Tablets in the non-adherent category of 55% and those who had consumption in the obedient category of 45%. Based on the results of the analysis using the chi square test on the relationship between family support and consumption of FE tablets, it is known that the P-Value is  $0.594 > 0.05$ . Thus, statistically it can be stated that there is no relationship between the support of health workers and adherence to consumption of Fe tablets at the Health Center Lembur in Alor Regency in 2022. In the opinion of researchers supporting health workers at the Alor Regency Lembur Public Health Center in 2022, this is inversely proportional to the fact that there are still many pregnant women who are disobedient in consuming Fe tablets. According to the researcher's opinion, the disobedience of pregnant women in consuming Fe tablets may be influenced by other factors, including knowledge or family support. The results of this study are in line with research conducted by Natali *et al.*, (2022) which stated that there was no correlation with the implementation of the role of health workers as educators using adherence to consumption of Fe tablets. The results of this study are also in line with another study conducted by Vera & Siregar, (2019) stated that there was no significant relationship between the motivation of health workers and adherence to consuming iron tablets.

The results of this study are in line with research conducted by Seu *et al.*, (2019) stated that there was no correlation with the implementation of the role of health workers as educators using adherence to consumption of Fe tablets. The results of this study are also in line with another study conducted by Purwati & Dewi, (2021) stated that there was no significant relationship between the motivation of health workers and adherence to consuming iron tablets. The results of this study are in line with research conducted by Noptriani & Simbolon, (2022) which stated that there was no correlation with the implementation of the role of health workers as educators using adherence to consumption of Fe tablets. The results of this study are also in line with another study conducted by Silitonga *et al.*, (2023) stated that there was no significant relationship between the motivation of health workers and adherence to consuming iron tablets.

### **CONCLUSION**

Efforts to increase adherence to consumption of FE tablets for pregnant women can be carried out by increasing family knowledge and awareness by conducting outreach by health workers to the community, especially pregnant women and their husbands on a regular and massive basis so that they are also concerned that consumption of Fe tablets is very important to maintain the health of mothers and their children. fetus.

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