

## Pregnant Women's Knowledge About Giving Iron at the Tanjung Karang Community Health Center

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### Abstract

*Pregnant women is a women who is pregnant, is pregnant mother should pay more attention to their health due to pregnancy and childbirth very rizky to the health of mother and baby, one important element of nutrition in pregnancy is iron, iron work for the formation of hemoglobin which transports oxygen and nutrients throughout the body tissue and helps the metabolisme to produce energy, if maternal iron deficiency will cause bleeding, impaired fetal growth in the womb to maternal and fetal death. the purpose of this study was to determine the knowledge of pregnant women about the addition of iron to prevent anemia and in particular goal is to identify the knowledge of pregnant women about the addition of iron to prevent anemia based on the characteristics of age, adecation and work..this research is deskriptif. Research approach used is a cross sectional approach to the measurement or observation research conducted simultaneously at one time.*

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## 1. INTRODUCTION

A pregnant woman is a woman who is pregnant. When pregnant, a mother must pay more attention to her health because pregnancy and childbirth are very risky for the health of the mother and baby. Nutritional status in pregnancy for both mother and fetus, one of the important nutritional elements in pregnancy is iron. Iron functions to form hemoglobin which transports oxygen and nutrients throughout the body's tissues and helps the metabolic process to produce energy. If during pregnancy poor nutritional status can cause anemia. Indonesia is classified as a developing country which still has an increasing incidence of malnutrition. The government took policy steps operations through antenatal care which is an important way to support the health of pregnant women and detect high risk pregnancies by setting service standards, one of which is giving pregnant women at least 90 iron tablets during pregnancy and taking one tablet every day to pregnant women at least 90 tablets during pregnancy. and take one tablet every day. One of the causes is the mother's low knowledge about iron tablets, which results in cases of iron deficiency. The mother's level of knowledge will also support the mother regarding giving iron. Providing iron is an important effort to prevent and treat anemia, especially anemia due to iron deficiency, but in reality, not all pregnant women who receive iron drink it regularly and there are errors in how they consume it. The level of knowledge and motivation of pregnant women regarding iron will support and motivate mothers to regularly drink the iron provided by midwives.

Based on interviews conducted by researchers at the Tanjung Karang Community Health Center with 7 pregnant women, two pregnant women knew about the benefits of iron and 5 pregnant women did not know about the benefits of iron, so this attracted the attention of researchers to conduct research on the knowledge of pregnant women. about iron to prevent anemia at the Tanjung Karang Community Health Center.

Based on data from the 2018 Tanjung Karang Community Health Center Annual Report, the number of visits was 236 pregnant women for four months and 14 pregnant women experienced mild anemia, and 2 pregnant women experienced moderate anemia.

Anemia has an impact on pregnancy, childbirth and postpartum. To overcome this problem, iron is given to pregnant women by giving one blood supplement tablet every day during pregnancy. One iron tablet contains 60 mg of iron, equivalent to 200 mg of ferrousulfate.

**2. RESEARCH METHOD**

This research is descriptive research, where the results of this research will determine the knowledge of pregnant women about giving iron to prevent anemia. The approach used is cross sectional, which is a research approach in which measurements or observations are carried out simultaneously at one time or one time. The sample size in this study was 34 people with a sampling technique, namely consecutive sampling, that is, this sampling method was carried out by selecting samples that met the research criteria for a certain period of time so that the sample size was met using a questionnaire. The data analysis technique uses descriptive analysis.

**3. RESEARCH RESULTS AND DISCUSSION**

**Table 1. Frequency Distribution of Pregnant Women's Knowledge About the Importance of Giving Iron to Prevent Anemia at the Tanjung Karang Community Health Center**

Knowledge	Frequency	Percentage
Good	3	8.83
Enough	16	47.06
Not enough	15	44.11
Total	<b>34</b>	<b>100</b>

Based on Table 1, it can be seen that the total number of respondents is 34 people (100%) almost half or 15 respondents are lacking, almost half or 16 respondents (47.06%) have sufficient knowledge and a small part or three respondents (8.83%) have knowledge with good category. Public knowledge and awareness regarding the health of pregnant women is a determining factor in mortality rates, although there are still many factors that must be considered to deal with this problem. This includes the knowledge of pregnant women about anemia which is very important to know because it is very influential during the pregnancy process and will also affect the birth process later.

This is also in line with quasi-experimental research with a pretest-posttest design carried out on 65 pregnant women with a gestational age of less than 24 weeks, with no history of hemorrhoids, coughing up blood, gastritis and other blood diseases in the Abiansemal Badung Bali health center area. The treatment material is an iron tablet containing 200 mg Ferrous Sulfate (equivalent to 60 mg elemental iron) and 0.25 mg folic acid. Iron tablets are given at a dose of one tablet per day and given for 13 weeks. Hb, MCV, MCH and MCHC levels were measured twice, namely before and after treatment. Differences in the proportion of anemia, MCV levels < 80 mm<sup>3</sup>, MCH < 27 pg/cell, and MCHC < 30 g/dl between before and after treatment were tested using the t test and Z test with a significance level of 5%. The conclusion in this study states that it is important to give bezi tablets in increasing HB levels in pregnant women.

Pregnant women's knowledge about anemia in pregnancy based on age at the Tanjung Karang Community Health Center can be seen in table 2:

**Table 2 Frequency Distribution of Pregnant Women's Knowledge About the Importance of Giving Iron to Prevent Anemia at the Tanjung Karang Community Health Center based on Age**

	Respondent's
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Knowledge	Age			
	< 20 years		20-35 years	
	Frequenc y	%	Frequenc y	%
Good	-	-	10	28.58
Enough	2	22.22	7	33.33
Not enough	7	77.78	8	38.09
Total	9	100	25	100

Table 2 shows that of the nine people aged <20 years, none had good knowledge, a small number of two people (22.22%) had sufficient knowledge and almost all seven people (77.78%) had poor knowledge. At the age of 20-35 years, out of 25 people, almost half, 10 people (28.58%) have good knowledge, almost half, seven people (33.33%) have sufficient knowledge and almost half, eight people (38.09%) have poor knowledge. . Based on research by Lidya (2014) entitled Description of Pregnant Women's Level of Antenatal Care in Maternity Homes and Sally Medical Centers, the majority of knowledge levels of pregnant women in the good category are pregnant women aged 30-34 years (35.7%). A person's age can provide analytical power for the information provided and make it easier to receive updated information.

Pregnant women aged < 20 years and > 35 years have a high risk of becoming pregnant. This will clearly endanger the health and safety of pregnant women and their fetuses. The risks that can arise are bleeding and can cause anemia. The mother's age can influence the onset of anemia, namely the lower the age of the pregnant woman, the lower the hemoglobin level. And the older the age factor, the higher the risk of developing anemia.

#### 4. CONCLUSION

Based on the results of the research regarding "Knowledge of Pregnant Women about Giving Iron" which has been carried out, the following conclusions can be drawn: 1) Almost half or 16 respondents (47.06%) have sufficient knowledge and 2) Almost all seven people (77.78%) had less knowledge at age <20 years.

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