

HUBUNGAN DUKUNGAN KELUARGA TERHADAP KEPATUHAN
KONSUMSI FE PADA IBU HAMIL DI WILAYAH KERJA
PUSKESMAS ALALAK SELATAN BANJARMASIN

NASKAH PUBLIKASI



Oleh
Deny Wahyuni
NIM : 14.IK.382

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HALAMAN PENGESAHAN

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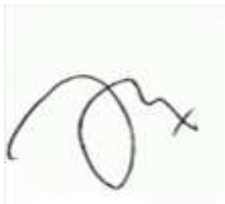
Oleh
Deny wahyuni
NIM : 14.IK.382

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Telah Disahkan Oleh Pembimbing pada Tanggal ...

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Pembimbing I



Anggrita Sari, S.Si.T., M.Pd., M.Kes

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Pembimbing II



H. Ali Rakhman Hakim M. Farm., Apt

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HUBUNGAN DUKUNGAN KELUARGA TERHADAP KEPATUHAN KONSUMSI FE PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS ALALAK SELATAN BANJARMASIN

Deny Wahyuni^{1*}, Anggrita Sari², Ali Rakhman Hakim¹

¹Sekolah Tinggi Ilmu Kesehatan Sari Mulia

²Akademi Kebidanan Sari Mulia Banjarmasin

*Korespondensi Penulis. Telepon: 081347459768, E-mail: denywahyuni.dw@gmail.com

ABSTRAK

Latar Belakang : Pemberian tablet Fe merupakan profil kesehatan Indonesia pada cakupan pelayanan kesehatan ibu hamil K4 dimana salah satu komponen itu ialah pemberian zat besi sebanyak 90 tablet, kurangnya mengkonsumsi suplementasi tablet Fe pada masa kehamilan menyebabkan anemia yang disebabkan ketidakpatuhan tersebut disebabkan karena kurangnya dukungan keluarga.

Tujuan : Menganalisis hubungan dukungan keluarga terhadap kepatuhan konsumsi tablet fe pada ibu hamil di wilayah kerja Puskesmas Alalak Selatan.

Metode : Jenis penelitian deskriptif analitik dengan menggunakan rancangan *cross sectional*. Jumlah Populasi 129 orang ibu hamil dengan teknik *purposive sampling* yaitu menetapkan sampel sebanyak 56 orang ibu hamil dengan analisis bivariat menggunakan *chi-Square*.

Hasil : Hasil penelitian didapatkan bahwa dukungan keluarga yang tinggi (60,7%), dukungan keluarga yang rendah (39,3%), sedangkan untuk kepatuhan konsumsi tablet Fe pada ibu yang patuh (42,9%) dan ibu hamil yang tidak patuh (57,1%). Hasil uji analisis hubungan antara dukungan keluarga terhadap kepatuhan konsumsi tablet Fe menggunakan perhitungan *Chi-Square* menunjukkan bahwa nilai signifikansi $p = 0,000 < \alpha (0,05)$ ini berarti H_0 diterima.

Simpulan : Ada hubungan antara dukungan keluarga terhadap kepatuhan konsumsi tablet Fe pada ibu hamil di wilayah kerja Puskesmas Alalak Selatan.

Kata kunci : Dukungan Keluarga, Ibu Hamil, Kepatuhan Konsumsi, Tablet Fe

Relation of Family Support to Compliance of Fe Consumption in Pregnant Mothers In the Work Area of South Alalak Public Health Center Banjarmasin

Deny Wahyuni¹ *, Anggrita Sari², Ali Rakhman Hakim¹

¹ Sari Mulia High School of Health

² Sari Mulia Banjarmasin Midwifery Academy

* Author's correspondence. Phone: 081347459768, E-mail: denywahyuni.dw@gmail.com

ABSTRACT

Background: The administration of Fe tablets is an Indonesian health profile on health services coverage for K4 pregnant women where one component is giving 90 tablets of iron. The lack of consuming Fe tablet supplementation during pregnancy causes anemia caused by non-compliance due to lack of family support.

Objective: To analyze the relationship of family support to adherence to tablet fe consumption in pregnant women in the work area of South Alalak Health Center.

Method: Type of descriptive analytic study using cross-sectional design. The total population is 129 pregnant women with purposive sampling technique, which is to set a sample of 56 pregnant women with bivariate analysis using chi-square.

Results: The results showed that high family support (60.7%), low family support (39.3%), while for adherence to consumption of Fe tablets in obedient mothers (42.9%) and non-compliant pregnant women (57.1%). The test results of the analysis of the relationship between family support for compliance with consumption of Fe tablets using Chi-Square calculations showed that the significance value $p = 0,000 < \alpha (0,05)$ this meant that H_a was accepted.

Conclusion: There is a relationship between family support for compliance with consumption of Fe tablets in pregnant women in the work area of South Alalak Health Center.

Keywords: Family Support, Pregnant Women, Consumption Compliance, Fe Tablets

INTRODUCTION

Based on the 2012 Indonesian Demographic and Health Survey (IDHS), the maternal mortality rate in Indonesia is still very high, which is 359 per 100,000 live births. In 2013, bleeding was the highest percentage of maternal deaths, which was around 30.3% (Ministry of Health of the Republic of Indonesia, 2014). One of the main causes of bleeding is anemia in pregnant women. Anemia gravidarum (anemia in pregnancy) is the condition of a mother with a hemoglobin level below 11 grams in the first trimester and third trimester or a level <10.5 grams in the second trimester. Gravidarum anemia has an unfavorable effect on the mother, both in pregnancy, childbirth and childbirth.

Anemia in pregnancy has an unfavorable effect on the mother, such as abortion and anemia in pregnancy also gives an unfavorable effect on conception (conception) such as maternal death, perinatal death, premature birth, congenital defects, and lack of iron reserves. The most common cause of anemia in pregnancy is iron

deficiency. The need for iron during pregnancy increases. This increase is intended to supply fetal needs and the needs of pregnant women themselves. It is important to check for anemia during the first visit of pregnancy. Even if you do not experience anemia on the first visit, anemia is still possible in subsequent pregnancies, prevention by giving iron supplementation, which is usually given routinely to pregnant women to prevent depletion of iron deposits in the body to prevent anemia (Prasetyawati, 2011).

According to WHO, the incidence of anemia is 20 and 89% by setting an Hb of 11g / dl as a basis. The number of anemic pregnancies in Indonesia shows a high enough value, namely the anemia rate of 3.8% in the first trimester, 13.6% in the second trimester, and 24.8% in the third trimester, about 70% of pregnant women in Indonesia experience anemia due to deficiency nutrition (Manuaba, 2010).

Data on the Yankes Department of Banjarmasin City Office in 2015, the highest maternal mortality in Banjarmasin, was that

Alalak Selatan Health Center had a number of 3 maternal deaths, which were caused by childbirth and the puerperium. In 2017, from January to August, health services for pregnant women were Fe1 68.0% and Fe3 45.23%. (Banjarmasin City Health Office, 2016)

Based on a preliminary study on September 28, 2017, the number of pregnant women who received Fe1 tablets was 82.61% and Fe3 81.86% at Alalak Selatan Puskesmas in 2017 with 129 pregnant women.

Based on the background above, the researcher was interested in conducting research at the Alalak Selatan Health Center regarding the relationship of family support to adherence to fe tablet consumption in pregnant women in the Alalak Selatan Puskesmas Work Area in Banjarmasin.

MATERIAL AND METHOD

Rancangan penelitian ini adalah diskriptif analitik kuantitatif suatu masalah dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu hamil yang berjumlah 129 orang. Sampel yang digunakan

berjumlah 56 orang dengan teknik *purposive sampling*.

Hypothesis testing is carried out using the colerative method, using the chi-square test to find the relationship between variables. The results of bivariate testing using the Chi-Square test get p value $< \alpha = 0.05$, meaning that the hypothesis is accepted with a correlation value of 0.000.

RESULTS OF THE RESEARCH

A. Respondents' Characteristic

1. Age

Table 1 Distribution of Respondents by Age of Pregnant Women in South Alalak Banjarmasin in 2018

No.	Age	Frequency (f)	Percentage (%)
1.	Young adults (18-29 years)	49	87.5
2.	Middle adult (>30 years)	7	12.5
amount		56	100

Data Sources: Primary data, in 2018

Table 1 shows that the ages of pregnant women in the Alalak Selatan Health Center found that most of them had age with the category of young adults (18-29 years), namely 49 people (87.5%).

2. Education Level

Table 2 Distribution of Respondents according to the Level of Pregnant Education at Alalak Selatan Puskesmas Banjarmasin in 2018

No.	Level of Education	Frequency (f)	Percentage (%)
1	Primary-Junior High	20	35,7
2	Senior High	24	42,9
3	College	12	21,5
	Total	56	100

Source : Primary Data, 2018

Table 2 shows that the number pregnant women at health centers of South Alalak Banjarmasin have a level of secondary education (SLTA) is 24 people (42.9%).

3. Job

Table 3 Distribution of Respondents by Job Pregnant Women in Health Center South Alalak Banjarmasin 2018.

No.	Jobs	Frequency (f)	Percentage (%)
1	Unemployed	14	25
2	Employed	42	75
	Total	56	100

Source: Primary Data, 2018

Tabel 3 shows that as many as 42 (75%) pregnant women there work.

4. Gravida

Table 4 Distribution of Respondents According to Gravida Status at the Alalak Selatan Health Center in Banjarmasin 2018.

No.	Gravida Status	Frequency (f)	Percentage (%)
1	Primigravida	22	39.3
2	Multigravida	34	60.7
	Total	56	100

Source: Primary Data, 2018

Tabel 4 shows that most of the pregnant women there, as many as 34 (60,7%) have the status of multigravida.

B. Univariate

1. Family Support

Table 5 Distribution of Respondents According to the Family Support of Pregnant Women in Tablet Fe Consumption at Alalak Selatan Health Center Banjarmasin in 2018.

No.	Status Gravida	Frequency (f)	Percentage (%)
1	primigravidas	22	39.3
2	multigravida	34	60.7
	amount	56	100

Source: Primary Data, 2018

Table 5 shows that the pregnant women with more family support for tablet Fe amount to 34 people (60,7%).

2. Compliance in consumption of Fe tablets

Table 6 Distribution of Respondents According to Compliance of Pregnant Women in Tablet Fe

No.	Obedience	Frequency (f)	Percentage (%)
1	Tidak Patuh	32	57,1
2	Patuh	24	42,9
	Total	56	100

Sumber : Data Primer, 2018

Table 6 shows that the pregnant women who are disobedient amount to 32 (57,1%).

C. Bivariate

Table 7 Relation of Family Support to Compliance of Fe Tablet Consumption in Pregnant Women

Family support	Compliance Consumption Tablet Add Blood				amount	
	submissive		Disobedient		f	%
	F	%	f	%		
High	22	39.3	12	21.4	34	60.7
Low	2	3.6	20	35.7	22	39.3
Total	24	42.9	32	57.1	56	100

Statistics Chi-square test: p value = 0.000

Source: Primary Data 2018

Table 7 shows that as many as 22 (39.3%) pregnant women who have high family support are mostly obedient in consuming Fe tablets, high family support but not obedient amounts to 12 people (21.4%) while mothers who have low family support are mostly non-compliant in consumption of Fe tablets, namely as many as 20 (35.7%) and low family support but obedient are as many as 2 people (3.6%).

Chi-Square statistical test results obtained $p = 0,000$ then $p < \alpha$ it can be concluded that H_a is accepted means that there is a significant relationship between family support and compliance with consumption of Fe tablets in pregnant women in Alalak Selatan Health Center Banjarmasin in 2018.

DISCUSSION

1. Family Support to the Pregnant Mothers in consuming Fe tablet.

The results of the study showed that most pregnant women with multigravida status had high family support in consuming Fe tablets which were 34 people (60.7%). This meant that most of the families were not beside the mother when taking Fe tablets.

According to Friedman (1998) in Yuliana (2011) family social support can take the form of internal and external support. Social support is internal such as husband / father, wife / mother, or sibling support. External social support is external social support for families (in relation to family social work). Family social support especially husband support refers to support - social support seen by the husband as something that can be accessed / held for the family, social support can or is not used but family members perceive that supportive people are always ready to provide help and assistance if needed.

The above is in line with what was stated by Anisa (2016) that there is a relationship between husband's support and adherence to pregnant women consuming Fe tablets in Pandanwangi Village, Diwek District, Jombang Regency. Pregnant women obediently consume Fe tablets because of the motivation and support of their husbands in all good things and make decisions that are right for maternal and fetal health, and respondents get positive husband support in

consuming Fe tablets. Husband's support is very necessary for pregnant women, especially in consuming Fe tablets, this is because in consuming maternal Fe tablets, the husband's attention is needed, support, motivation, praise if he has consumed Fe tablets. Pregnant women who have obeyed consuming Fe tablets, the incidence of anemia can be avoided.

2. The Obedience of Pregnant Women in consuming Fe Tablet

Results The study found that pregnant women who were more disobedient in consuming Fe tablets were 32 people (57.1%) in this study. Pregnant women who consumed Fe tablets had never taken Fe tablets in one day due to feeling uncomfortable in the body such as nausea, vomiting and headaches.

The disobedience of pregnant women in consuming Fe tablets can be influenced by several factors including the side effects of Fe tablets themselves and the characteristics of pregnant women. Side effects that are usually felt by pregnant women are nausea, vomiting and headaches. This situation can cause pregnant women no longer want to

consume it. Actually these side effects can be avoided if pregnant women consume the tablet added blood properly. One strategy that can be implemented is to consume tablets with blood at night.

Characteristics related to maternal compliance in consuming Fe tablets include age, education level and employment of pregnant women. The data showed that most of the mothers had age in the category of young adults (18-29 years) as many as 49 people (87.5%) were more young adults who were not obedient. The higher the age of pregnant women will be wise in thinking and acting so that it influences their knowledge, it will also develop their catching power and mindset so that the knowledge gained will improve. Increasing age is a lot of information found and many things are done so that it is more responsive to compliance.

The above is in line with what was stated by Mubarak (2007) increasing a person's age will occur changes in physical and physiological (mental) aspects. Non-compliance according to education level most respondents have a level of secondary

education. Education will contribute to inhibiting the compliance of pregnant women in consumption of Fe tablets, the higher the level of education, the easier it will be to think rationally and capture new information including information about Fe tablets.

According to Ihsan (2008) the higher the level of education a person is more receptive to information, so it is expected that more knowledge will be possessed. It can be interpreted that education greatly influences one's behavior. Education is needed to get information such as things that support health, so that it can improve health and quality of life in this case compliance in consumption of Fe tablets. Another factor that can affect compliance is the work of pregnant women. Data shows that most respondents do not work, mothers who do not work usually spend a lot of time taking care of their household and only associate with colleagues in one environment so that it can affect access to information obtained. If one environment does not know about the correct rules for consumption of Fe tablets, it will influence

the knowledge so that the mother is not compliant in the consumption of the Fe tablet. This type of work can play a role in knowledge, work can describe a person's level of life because it can affect some aspects of a person's health care life.

3. Correlation of Family Support With the Obedience of Pregnant Mothers in consuming the Tablet

The results showed that pregnant women who had high family support mostly obeyed consumption of Fe tablets as many as 22 people (39.3%) while pregnant women who had low family support were mostly disobedient in consumption of Fe tablets which were 20 people (35 , 7%). Statistical tests show there is a relationship between family support and maternal compliance in consumption of Fe tablets in Alalak Selatan Health Center Banjarmasin.

According to the assumption the researcher can explain that high family support will lead to adherence in consuming Fe tablets. Family support is here as a motivation to be able to move themselves to consume Fe tablets. Family is the closest part of pregnant women. Pregnant women will

feel happy and peaceful when they receive attention and support from the family, because with this support will generate self-confidence and will follow the advice given by the family to support the health of the mother and baby they contain in terms of consuming Fe tablets. Family support is very necessary for every family member, especially during pregnancy. Family support is encouragement, motivation, assistance both physically and material given by the family to pregnant women.

According to Friedman (1998) in Setiadi (2008) suggests family support makes families able to improve health and adaptation in living life. The role of the family is very important in the stages of health care. Starting from the stage of improving health, prevention, treatment to rehabilitation. Family support is a condition that is beneficial to individuals who are obtained from other people who can be trusted especially to their own husbands, so that someone will know that there are other people who pay attention, appreciate and love him. The effect of strong family support

has been shown to be associated with reduced mortality, easier recovery from illness, cognitive function, physical and emotional health, besides that the positive influence of family support is on adjusting to events in a stressful life.

The results of this study are in line with the results of research conducted by Ratna (2015) which found that there was a relationship between family support and adherence of pregnant women in consuming Fe tablets at Public Health Centers in Jopo Klopok District in 2015 ($p = 0.001 < 0.005$) that most pregnant women did not obediently consume Fe tablet supplementation and do not get support from family especially husband. One of the causes of non-compliance is the lack of family support. If family support is not good, the compliance of pregnant women in consuming Fe tablets will also be less good, and vice versa if family support is good, the compliance of pregnant women will be good. Families especially husbands have a great influence in solving problems faced by pregnant women, the family environment can make mothers feel

more comfortable and safe because during pregnancy the mother wants always to be given love and more attention by the family, especially husband. But if pregnant women remain poor in consuming Fe tablets. This is because other factors that influence it can be due to lack of awareness of pregnant women will be important and the benefits of consuming Fe tablet supplementation can also be due to forgetting to drink Fe tablets or because of side effects that can make pregnant women do not want to consume Fe tablet supplementation.

The conclusion of this study is that pregnant women at the Alalak Selatan Health Center had more high family support in consuming Fe tablets which were 34 people (60.7%). Pregnant women who are more disobedient in consuming Fe tablets are 32 people (57.1%), and conclusions can be drawn from the Chi-Square statistical test results obtained $p = 0,000$ then $p < \alpha$ it can be concluded that H_a is accepted means there is a meaningful relationship between family support with adherence to consumption of Fe tablets in pregnant women at the Alalak

Selatan Health Center Banjarmasin in 2018 because this pregnancy mother felt she had to be noticed and supported by her close family, especially her husband, besides that other causes of maternal disobedience consuming Fe tablets felt uncomfortable in body such as nausea, vomiting and headaches. This situation can cause pregnant women no longer want to consume it. Actually these side effects can be avoided if pregnant women consume the tablet added blood properly. One strategy that can be implemented is to consume tablets with blood at night.

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