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KNOWLEDGE OF SIDE EFFECTS AND ITS ASSOCIATION TO COMPLIANCE IN IRON TABLETS CONSUMPTION AMONG THIRD TRIMESTER PREGNANT WOMEN

Nurhidayah^{1,2,*}, Dwi Handayani^{1,*}, Pratiwi Puji Lestari^{1,*}, Fitria Yulastini¹

¹Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia (55292)

²Universitas Respati of Yogyakarta, Yogyakarta, Indonesia (55292)

*Corresponding author's email: nurhidayahmj@yahoo.co.id , handayani_dwi02@yahoo.com,
prat.puji@gmail.com

ABSTRACT

Background: To improve the quality of teaching, teachers should be able to plan the preparation of teaching and at the same time also be able to do so in the form of teaching and learning interactions. The success of learning is influenced by several factors, one of them is the motivation. The motivation will affect the success of learners. A student who has a high enough intelligence can fail due to lack of motivation.

Aims: The purpose of this research is to determine the relationship of students' perception about the use of teaching method and learning motivation and achievement of midwifery D III in midwifery care in pregnancy course.

Methods: Observational analytic research with cross sectional approach was conducted in the Diploma Program of Midwifery of Universitas RESPATI on May 29, 2014. The sampling technique was a proportional random sampling with a sample of 138 college students. Statistical data analysis was Spearman rank test.

Results: The data shows there is no relationship between students' perception on teaching method and students' achievement (p value >0.05). However, a very significant relationship (p value <0.01) was found between students' motivation and their academic achievement.

Conclusion: The findings suggest that among the midwifery students in Diploma Program of Universitas Respati, to achieve better academic performance, the students need motivation (internal or external) to easier understand the academic subject. It is expected to the teachers, especially lecturers to develop the teaching methods and materials in accordance with student motivation in learning.

Keywords: Teaching method, learning, student, motivation, academic performance, achievement.

INTRODUCTION

Pregnancy is an emotional and physical changes in the mother as well as the social changes in the family [1]. All the physical changes experienced by a woman during pregnancy is associated with some of the system caused by the hormonal effects. The aim of this change in preparation for development of the fetus, the mother's body prepares for childbirth, breast development and milk production for the establishment during the postpartum period [2].

Pregnancy is physiology and it would be pathological if there were disorders which associated with pregnancy that can cause death, Maternal Mortality Rate (MMR) is the number of maternal deaths due to pregnancy, childbirth, and postpartum in every 100.000 live births in the region and time. In the developing countries the maternal mortality rate is quite high at 440 per

100.000, in Africa amounted to 830 per 100.000, in Asia amounted to 330 per 100.000 and South-East Asia at 210 per 100.000. For the State - ASEAN countries, MMR (per 100.000 live births) is variety such as Malaysia, Brunei Darussalam, Singapore, Cambodia, Laos, the Philippines, and others [3] (untuk survey tahun berapa).

Based on the survey demographics and Healthy Indonesia 2012, the maternal mortality rate in Indonesia is still high at 359 per 100,000 live births, the rate is slightly decreased when compared to the Demographic and Health Survey 1991, which amounted to 395 per 100.000 live births [4]. Maternal mortality rate in the province of East Nusa Tenggara (NTB) Indonesia in 2010, 113 people and in 2011 from January to June 2011 the number of maternal deaths as many as 72 people. One of the main causes of the high maternal mortality rate in NTB is bleeding [5].

One indirect factor that causes death is anemia. Pregnant women with anemia increases the risk of maternal death, miscarriage, birth prematurity, antepartum hemorrhage, intrauterine death, prolonged labor, postpartum hemorrhage, shock, the rate of prematurity, low birth weight (LBW) [6]. The frequency of pregnant women with anemia in Indonesia on 2002 is relatively high at 63.5%. Ministry of Health launched a decrease in the prevalence of anemia in pregnancy from 63.5% in 2002 to 40.1% in the period of time from 2004 to 2010 (SKRT 2004). Anemia is common in pregnant women due to iron deficiency (80%) and folic acid deficiency [7]. Based on preliminary data obtained by researchers in 2008, the number of pregnant women who are anemic as much as 26.2%. While in 2009 there were 19.3% (246) of pregnant women are anemic. Pregnant women who are anemic during the first trimester as many as 196 people and 70 third trimester pregnant women from a total of 1277 people [5].

The incidence of anemia in all pregnant women with anemia was highest in Ampenan. A preliminary study conducted by researchers at the interview on 10 primigravida trimester III who are anemic, disobedience primigravida drinking iron tablet in because of the side effects of iron tablet that can interfere with the comfort, noncompliance also occurred because primigravida forgotten and lack of knowledge about the tablet Fe. The importance of pregnant women consumes iron tablet regularly to prevent possible complications. This study was led to determine relationship of knowledge of women in the third trimester of pregnancy about the side effects of iron tablets on obedience of consumption iron tablet in Ampenan Health Center in 2012.

METHODS

This study using correlational analytic with approached cross-sectional approach. A total of 31 primigravida in the third grade of pregnancy who checkup at health centres Ampenan in August 2012 is the study population. The samples in this study using the total population ($n = N$) are all primigravida trimester III checkups at health centres Ampenan in August 2012 amounted to 31 people. The sample in this study selected with the criteria. The criteria used are respondents willing, primigravidas third trimester, can read and write. Exclusion sample in this study: Pregnant women primigravidas women in the first and second trimester, can not read and write, not willing to become respondents Knowledge of Third Trimester Pregnant Women about the Side Effects the Iron Tablets and Obedience Consume Iron Tablets was collected using a questionnaire.

The univariate analysis in this research to distribute the frequency characteristics of respondents [8]. And the level of knowledge of primigravida about the side effects of compliance with taking iron tablets and analysis bivariate using Chi-Square (X^2) statistic Test is to determine the relationship between knowledge of the third trimester pregnant women about the side effects the iron tablets and obedience consume iron tablets.

RESULTS

Knowledge of Side Effects and Its Association to Compliance in Iron Tablets Consumption among Third Trimester Pregnant Women.

This research was conducted at Ampenan Health Centres in August 2012 which amounted to 31 people. The sample in this study selected with the criteria. The criteria used are respondents willing, primigravidas third trimester, can read and write. Exclusion sample in this study: Pregnant women primigravidas women in the first and second trimester, can't read and write, not willing to become respondents Knowledge of Third Trimester Pregnant Women about the Side Effects the Iron Tablets and Obedience Consume Iron Tablets was collected using a questionnaire.

Table 1. Knowledge Level about The Effect Of Iron Tablets and The Obedience Iron Tablet Consumption of Pregnant of Women in The Third Grade of Pregnancy.

No	Knowledge level	Obedience				Total		P Value
		Obedient		Not Obedient		n	%	
		n	%	N	%			
1	Well	11	100	0	0	11	35,4	0,002
2	Sufficient	10	62,5	6	37,5	16	51,6	
3	Lack	0	0	4	100	4	13	
	Total	21	67,7	10	33,3	31	100	

Table 1. From 31 respondents who are knowledgeable are obtained 11 respondents who obedient taking iron tablets as many as 11 people (100%), no respondents (0%) of not obedient consuming Fe tablet. Respondents were knowledgeable enough as many as 16 people consisting of 10 (62.5%) of respondents who obedient taking iron tablets and 6 (37.5%) of respondents were not obedient in taking iron tablets. Meanwhile, there was no respondent 0(0%) who had less knowledgeable and obedient consumed iron tablets, while 4 (100%) of pregnant women were less knowledgeable and disobedient taking iron tablets.

From 31 respondents who are knowledgeable enough good and obedient are more likely to consume iron tablets compared to respondents who are less knowledgeable. Test Results Using Chi-Square statistics obtained p-value of 0.002 (<0.05), which means that there is a relationship between the level of knowledge about side effects of iron tablet with obedience to consume iron tablets.

DISCUSSION

The study was conducted in the working area of public health center Ampenan to determine the relationship of knowledge of women in the third trimester of pregnancy to obedience consumption of iron tablets. Based on Table 1, the results of research conducted be obtained 31 (35.4%) of respondents who had good knowledge consisting of 11 people (100%) of pregnant women who are obedient to consume iron tablets and no respondents 0 (0%) of pregnant women who disobedient consume tablets iron. Respondents were knowledgeable enough as many as 16 people (62.5%), which consists of 10 (62.5%) of pregnant women who are obedient and 6 (37.5%) of pregnant women who do not comply in taking iron tablets. While respondents were in less knowledge as many as four (13%) consisting of 0 (0%) of pregnant women who are obedient to consume iron tablets and 4 (100%) of mothers who do not comply consume iron tablets.

From the statistical test using chi square test obtained by p value = 0.002 or $p < 0.05$, it indicates that H_0 is rejected and H_a accepted. The result showed that there were a significant relationship between the level of knowledge of primigravida women about the side effects on the obedience consumption Iron at Ampenanhealth center. There is a positive relationship between the level of knowledge with obedience in consuming, it means that the higher of the level of knowledge of the third grade of pregnancy the more submissive in drinking or consuming Iron tablet.

Respondents who have knowledge about the impact of consumption of iron tablets tend to be more obedient to consume iron tablet compared to respondents who are less knowledgeable, obedience consume iron tablets is influenced by several factors. Knowledge is one of the factors that influence obedience someone taking iron tablets, the higher a person's knowledge, the more obedient to consume iron tablet [11].

Iron tablets consumption is strongly influenced awareness and obedience pregnant women. Consciousness is a supporting factor for pregnant women to adhere well to consume iron tablets [9]. There are several factors that have contributed substantially in obedience affects pregnant women consume iron tablets, including the knowledge, motivation, health care, and the role of the family. In addition, side effects are also greatly affect the obedience pregnant women consume iron tablets. The side effects of iron tablets consumption are causing abdominal pain, nausea, vomiting, constipation, and diarrhea [9]. High compliance to consume iron tablets as well as the motivation for the achievement of better health after consuming iron tablets [10].

Based on the results of research on the factors affecting the level of compliance multigravida mothers consume iron tablets at the health center on Polanharjo, Klaten using analytic methods and using cross sectional study design. Obtained results of the study of the 80 respondents indicated that the factors affecting the mother multigravida consume iron tablet is knowledge, while the educational and motivational factors had no effect [11]. The study was conducted to determine the knowledge primigravida pregnant women about the side effects of iron tablets to compliance of taking iron tablets, while the limitations of this study is there are some women who are not willing to be the respondent.

CONCLUSION

The level of knowledge of women in the third trimester about side effects of iron tablets consisted of 31 respondents with sufficient knowledge and tend to be obedient to consume iron tablets. Results found that There is a relationship of knowledge level of women in the third grade of pregnancy about side effect of iron tablet on obedience consumption of iron tablet of the third-trimester drinking iron tablet in Ampenan Health Center in 2012.

The presence of this study, expected health facilities can provide counseling to pregnant women by involving the family of iron tablet and how to prevent side effects from iron tablets. Midwives can provide education on iron tablet to primigravida especially about the side effects iron tablet and benefits of the iron tablets. Midwives should also provide information on how to consume iron tablets in order to reduce the side effects of iron tablets.

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