RESEARCH ARTICLE

IMPROVING BEHAVIOR OF CONSUMING Fe TABLETS FOR PREGNANT MOTHERS OF ANEMIA IN THE COVID PANDEMIC 19

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ABSTRACT

During the Covid 19 Pandemic, new strategies were needed to improve Table Fe consumption behavior in pregnant women with iron deficiency anemia. The main cause of anemia is the low compliance of mothers consuming Fe because mothers forget, family support, in this case the husband is a factor in the behavior of pregnant women in consuming iron tablets. The purpose of this study is to prevent anemia by increasing the behavior of consuming Fe in anemic pregnant women through Couple Class Online. The health promotion method used is Core educational intervention through Whatsapp group by sending educational pictures and texts so that it changes the behavior of pregnant women who have anemia. The study design uses quasi experimental with pretest - post-test one group design. The population is all anemia pregnant women and husbands in the Community Health Center Area. The sample was all anemia pregnant women and husbands who fulfilled the inclusion and exclusion criteria totaling 18 couples. The independent variable is Couple Class Online. The dependent variable is behavior. Data analysis using Paired t test. The results showed the significance of p-Value 0.002 behavior meant that there was a change in behavior after the Couple Class Online was done. It was concluded that the results of the study showed that p-value <0.05 meant that after doing Couple Class Online there were behaviors of anemia pregnant women and husbands. Health workers are expected to encourage pregnant women to always do a hemoglobin check in order to detect anemia, by involving the husband. To support pregnant women taking Fe, they can apply Couple Class Online to improve pregnant women's behavior in drinking Fe. Couple Class Online is effectively used as a means of sharing information knowledge in the corona pandemic era.

INTRODUCTION

This study aims to determine the effectiveness of Couple Class Online in improving the behavior of consuming Fe in anemic pregnant women in the work area. Anemia is a condition where the body has too little red blood cells (erythrocytes) <11 gr%, in which red blood cells contain hemoglobin which functions to carry oxygen to all body tissues (Proverawati, 2013). Anemia can be bad for pregnancy, both for mother and baby. The impact of anemia on pregnancy can occur abortion, labor prematurity, fetal growth and development obstacles in the womb, easy to occur infections, antepartum bleeding, premature rupture of membranes, when labor can cause His and bleeding disorders, the first time can last a long time, and occur parturition occurs, and during childbirth uterine subinvolution occurs causing postpartum hemorrhage, easing puerperium infection, and decreasing breast milk (Astriana, 2017). The effects of anemia on the fetus include abortion, intrauterine death, prematurity, low birth weight, congenital defects and susceptibility to infection. In the mother, during pregnancy can result in abortion, prematurity labor, the threat of cord decompensation and premature rupture of membranes. At the time of delivery, it can cause disturbances, retention of the placenta and post partum hemorrhage due to uterine atony (Mariana, et al, 2018). Anemia can be prevented by increasing consumption of nutritious foods, increasing iron intake into the body by taking at least 90 tablets of blood plus tablets (Fadlun and Achmad F, 2012). Behavior is a collection of various factors that interact with each other. Behavior is a person's response or reaction to stimuli from outside stimuli. This understanding is known as the "S-O" R theory or "Stimulus-Organism Response". The Core Method of educational intervention is used for research to discuss education in one research group via WhatsApp group. This study utilizes the WhatsApp media as a medium for sending information through picture messages and text messages. The digital age is an opportunity for health promoters in developing community capacity through the education process. Health promotion media are dominated by the delivery of health information in the form of educational images and educational texts through several online and offline media. Image media and educational

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messages are the media of messages that are most easily accepted by learners (Nopran and Doni, 2017). The material provided about the definition of anemia, signs and symptoms of iron deficiency anemia in pregnant women, the impact of anemia, how to consume anemia. Online classes begin on April 22, 2020 until May 12, 2020 by creating a Whatsapp group for pregnant women in the Kartoharjo puskesmas area. The population in this study were 20 anemic pregnant women and husbands, the sample size in this study were all anemic pregnant women and husbands who met the inclusion and exclusion criteria amounted to 18 pairs / couple.

RESEARCH METHODOLOGY

The design of this study is quasi experimental, with pretest - post-test one group design. The sampling technique used is according to the inclusion and exclusion criteria. The inclusion criteria were 1) Pregnant women with anemia <11 gr%, husband living in the same house with his wife, 2) Signing consent form following Cauple Class Online 3) Gestational age 13-34 weeks. Exclusion criteria are 1) Anemic pregnant women who have comorbidities; 2) Husband does not live with mother; 3) Anemic pregnant women in the condition of serious nausea, vomiting. The instruments used in this study were questionnaire instruments in the form of pretest and post-test. Analysis of the data with statistical tests T test with a significance level α = 0.05.

RESEARCH RESULTS AND DISCUSSION

Behavior in Pregnant Women Before Couple Class Online: The results showed that 6 respondents routinely drank Fe for 21 days. There is 1 respondent who only drinks Fe for 5 days. For more details can be seen in Figure 4.5 Experimental
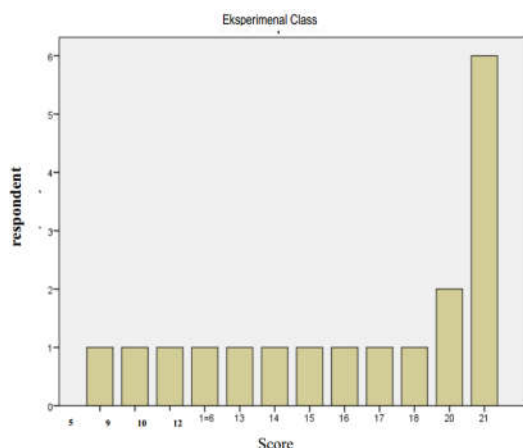

Figure 4.5. Bar graph of anemia behavior of pregnant women before Couple Class Online

After Couple Class Online: The results showed that 15 respondents routinely (21 days) took Fe. 1 respondent who took Fe for at least 17 days. For more details can be seen in Figure 4.6. The results of the study identified the behavior of anemic pregnant women before and after the Couple Class Online at One Community Health Center, showing the changes in the behavior of anemic pregnant women and their husbands after being done by Couple Class Online, from 6 to 15 people. There was 1 respondent who did not experience changes in behavior because the mother fell asleep before drinking Fe.
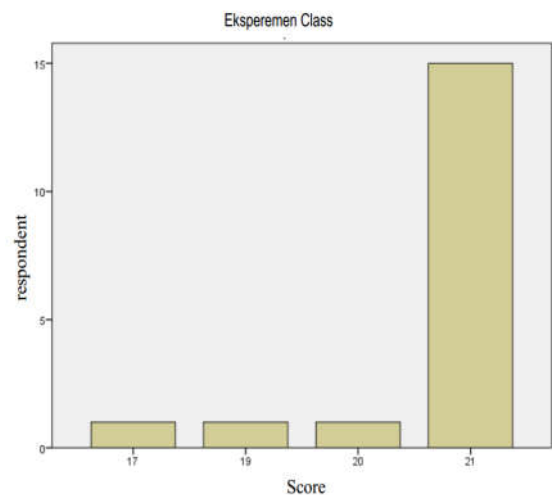

Figure 4.6 Bar graph behavior of anemic pregnant women after Couple Class Online

Analysis of behavior Pregnant pregnant women

Table 4.5. Analysis of behavior before and after Couple Class Online

Signification Variable	Signification Variable
Behavior 0.002	Behavior 0.002

Source: Primary Data April-May 2020

The results showed that there was a significance of p-value <0.05 in the Couple Class Online activity. Based on pairet t test statistic, p-value <0.05 is obtained so that there are differences before and after Couple Class Online.

DISCUSSION

The results showed there was an increase in positive behavior for pregnant women by using the online couple class method. This method is an alternative method carried out because of the impact of the Covid Pandemic 19, which is currently attacking the world. The Covid 19 pandemic has been determined to be a non-natural disaster which can have an impact on high risk groups. Which includes high risks include: children, pregnant women, postpartum mothers, elderly and others (H. Sumasto, Wisnu, & Surtinah, 2018). Pregnant women risk more serious problems because it can affect the health of the fetus during pregnancy, childbirth and the puerperium. Therefore, taking Fe tablets regularly as indicated, is very important. Consuming irregular Fe tablets can have consequences (Wisnu, Wrahathinggih, & Sumasto, 2018). Anemia is a condition of red blood cell level less than 11 gr%. Red blood cells are cells that contain hemoglobin which function to bind oxygen to all body tissues (Hermani Triredjeki, 2020). Pregnant women who experience it can have a negative impact on both mother and baby. Anemia in pregnancy can cause abortion, preterm labor, stunted growth and development of the fetus, prone to infection, antepartum bleeding, premature rupture of membranes, during labor can cause His disruption, bleeding, prolonged labor, uterine subinvolution, postpartum hemorrhage, puerperium infection, production reduced breast milk (Ristrini, 2014). The impact of anemia on the fetus includes abortion, intrauterine death, prematurity, low birth weight, congenital defects and susceptible to infection (Nurwening Tyas Wisnu, Rudiati, 2016).

In the mother, during pregnancy can result in abortion, prematurity labor, the threat of cord decompensation and premature rupture of membranes (Hery Sumasto, Surtinah, 2018). At the time of labor can cause disturbances his, retention of the placenta and post partum hemorrhage due to uterine atony (H. Sumasto, 2015);(Mariana, dkk, 2018). Besides consuming Fe, what is more important is the adequacy of nutrition and nutrition during pregnancy. The amount of food is two times more than before pregnancy (Nurunniyah & Nur, 2013). The nutritional status of pregnant women needs to be considered from the first trimester to the third trimester. This is necessary to ensure that the fetal needs for building and growth substances are adequately fulfilled (Yaunin & Lestari, 2016).

In anemia management standards there are standards of midwifery care that focus on midwifery care to provide promotional, preventive and basic curative efforts (Hariyadi, 2016). Promotive is carried out by counseling or counseling understanding of anemia, how to take blood-added tablets, meeting the nutritional needs of pregnant women through Integrated ANC and classes of pregnant women, preventive efforts (prevention) carried out by giving blood-added tablets, hemoglobin examination and others (Hery Sumasto et al., 2019). Anemia in pregnant women can be prevented by increasing the consumption of nutritious foods, exercising, increasing iron intake into the body by taking at least 90 tablets of added blood (Fadlun dan Achmad F, 2012).

The results showed there was a relationship between husband's support and adherence to consuming Fe tablets with a strong level of closeness (Anjarwati dan Ana Septiana, 2016). Conclusions about Couple Class Online are effective in increasing the knowledge, attitudes and behavior of mothers. In the future it is expected to continue to encourage pregnant women to always do hemoglobin checks, so that they can detect anemia (Organization, 2011). Family and husband can support pregnant women taking Fe and Midwives by implementing Couple Class Online to monitor or improve the behavior of pregnant women in drinking Fe (Hariyadi, 2016).

Conclusions and Recommendation

Pregnant women are at the age of the risk of having an accident (H. N. T. W. Sumasto & Surtinah, 2018). The difference before and after the Couple Class Online is obtained conclusions about the Couple Class Online is effective against improving the behavior of anemic pregnant women. Based on the results of the study it is hoped to encourage pregnant women to always carry out hemoglobin checks in order to detect the presence of anemia which involves the husband in giving support to pregnant women taking Fe. Health workers especially Midwives apply Couple Class Online to monitor or improve the behavior of pregnant women in drinking Fe. Couple Class Online is effectively used as a means of sharing information knowledge in the corona 19 pandemic era.

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