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Assistance for Pregnant Women in Preventing KEK and Anemia



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Abstract

Anemia in pregnant women is a health problem related to its high incidence and the complications that can arise in the mother and fetus. This community service aimed to provide assistance and counseling in the prevention of anemia and KEK in pregnant women so that pregnant women in the Gayaman Village area routinely consume FE tablets to prevent anemia. The method used mentoring and measuring the discipline in consuming FE tablets with a checklist and interviews about the regularity of FE tablet consumption. This community service was conducted on 25 pregnant women in September 2022-January 2023. The results revealed that based on interviews before the service was carried out, pregnant women still did not routinely consume FE tablets and did not pay attention to diets during pregnancy. After the explanation and assistance, pregnant women understood the benefits of consuming FE tablets regularly. Assistance needs to be given to pregnant women so that FE consumption is carried out regularly so that pregnant women avoid anemia and KEK.

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INTRODUCTION

Anemia in pregnant women is a health problem related to its high incidence and the complications that can arise in the mother and fetus. Anemia and SEVERITY in pregnant women can increase the risk of LBW, premature birth, maternal and infant mortality, and stunting. Fetal growth and development in mothers with anemia and KEK will not be optimal and can cause IUGR (Marmi, 2014).

The incidence of anemia in Indonesia is still quite high. Based on the results of basic health research (Risesdas), the incidence of anemia is still 37.1% among pregnant women. The causes of anemia and KEK in pregnant women are generally due to malnutrition, namely, lack of iron in the diets consumed and pregnant women pay less attention to a balanced nutritional menu. To have a healthy pregnancy, it is necessary to get additional protein and iron (Proverawati, A., and Wati, EK., 2011).

For the morbidity and maternal mortality rate due to anemia not to increase, there is a need for countermeasures against the mother and fetus. Assistance and counseling for pregnant women in consuming blood supplement tablets are needed to reduce the incidence of anemia and KEK (Marmi, 2014).

METHOD

The Tri Dharma of Higher Education devotes itself to community service by providing counseling and assistance to pregnant women in preventing KEK and consuming Fe and folic acid tablets. It is expected that pregnant women can understand and have preparations to prepare themselves during pregnancy so that anemia does not occur during pregnancy and childbirth. The target of this community service is pregnant women who visit the Gayaman Health Center, Mojoanyar District, totaling 25 pregnant women. Respondents were previously given a questionnaire to see discipline in consuming Fe tablets and accompanying pregnant women to consume Fe tablets.

Methods for implementing this community service activity include delivering counseling (lectures) and distributing leaflets to socialize about the prevention of KEK and iron deficiency anemia with iron and folate supplementation. Before the implementation of the activities, the team coordinated with the midwife in charge of the area and the Head of the Puskesmas. After an agreement on time and place was formed, activities were then carried out by delivering the contents of the material with lectures, distribution of leaflets, questions and

answers, and distribution of lunch and snacks.

The material was provided to increase public knowledge about the prevention of KEK and the occurrence of iron deficiency anemia by supplementing iron and folate. In carrying out the activity each participant also held discussions and shared experiences related to information that might have been obtained before. The target set for each participant is a minimum in which each participant understands the prevention of KEK and the occurrence of iron deficiency anemia with iron and folate supplementation. The implementation of the next activity is monitoring and evaluating the participants to assess how the participants' understanding is carried out periodically after receiving counseling. In addition, evaluation activities are also carried out to review the results of counseling. The implementation of this community service went smoothly and by the plans that had been made, but due to limited space and no loudspeaker equipment, the participants were not quite satisfied with receiving counseling.

RESULTS

Based on interviews with pregnant women who were present during the assistance, they stated that before there was counseling they were less routine in consuming Fe tablets because they did not know the benefits and were afraid of the side effects caused by the drug, by holding counseling and mentoring they were more enthusiastic and did not refuse when it was recommended consume Fe tablets every day because the benefits are greater than the perceived side effects because they already understand how to avoid the side effects of these Fe tablets.

Iron deficiency is blood loss caused by increased needs such as in pregnant women, malabsorption, and poor diet. Iron deficiency causes iron deficiency anemia. The occurrence of iron deficiency anemia can also be caused by several factors, including a lack of iron content in the diet, very low absorption of iron from food, the presence of substances that inhibit iron absorption, and the presence of parasites in the body such as hookworms or tapeworms, diarrhea, chronic disease, cancer, tuberculosis, or heavy blood loss due to an accident or surgery.

Picture 1: Documentation of Data Collection

DISCUSSION

This dedication activity involved 25 pregnant women. Of all the pregnant women who participated in this activity, only 2 people experienced KEK. This service activity was greeted with great enthusiasm, pregnant women asked several questions related to pregnant women's nutrition, and consumption of Fe tablets and folic acid. All pregnant women understand the counseling given.

Anemia occurs when the body does not have enough red blood cells to carry oxygen throughout the body. In this condition, red blood cells do not contain enough hemoglobin, which is the protein that gives blood its red color, or it can also be called the protein that carries oxygen to all parts of the body (Angraini and Wijaya 2019). World Health Organization (WHO) reported that there were 52% of pregnant women experiencing anemia in developing countries. The results of research by Chi, et al (2007), showed that the maternal mortality rate was 70% for anemic mothers and 19.7% for non-anemic mothers. KEK occurs because the body lacks one or several types of nutrients it needs. Several things can cause the body to lack nutrients, including the number of nutrients consumed being less, the quality is low, or both. Nutrients consumed may also fail to be absorbed and used by the body. Knowledge is the result of knowledge from someone after he has sensed an object. Sensing in question is through the senses of sight, hearing, smell, taste, and touch. Influenced by the intensity of attention and perception of the object. Knowledge can be obtained from experience, through the learning process of information obtained by someone, and through the process of education or education. It turns out that the incidence of anemia and KEK that occurs in pregnant women is because pregnant women themselves do not know about Anemia let alone KEK. This ignorance greatly affects the attitudes and actions of pregnant women. Knowledge is the most important factor in food

selection because this knowledge can be one of the factors for adopting healthy eating behaviors. Meanwhile, Notoatmojo stated that a lack of knowledge would cause a person to choose the wrong food it would reduce consumption levels and have an impact on nutritional problems, especially anemia and KEK. In addition, the role of the husband and family is also very influential in the nutrition of pregnant women.

Respondents' willingness to consume Fe tablets is an indicator of the success of this community service program. This is also reinforced by research conducted by Annisa K (2020) stating that the effectiveness of counseling in consuming Fe tablets in pregnant women can overcome the incidence of anemia in pregnant women in the first trimester until the third trimester and childbirth. Pregnant women who have a positive attitude toward the importance of iron tablets will also lead positive behavior by consuming Fe tablets.

CONCLUSION

Knowledge about the importance of taking FE tablets as prevention of anemia and KEK in pregnant women has a good impact on pregnant women at Gayaman Health Center, Mojoanyar District. Respondents diligently consumed FE tablets every day during pregnancy. Knowledge on how to take blood supplement tablets correctly needs to be given to pregnant women so that the benefits are truly felt by pregnant women, pregnant women avoid the risk of preterm labor, LBW, bleeding.

SUGGESTION

Future researchers are able to develop themes that are in line with checking Hb levels every time Fe tablet consumption assistance is carried out.

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CONFLICTS OF INTEREST

The author declares there is no conflict of interest in this research and publication.

AUTHOR CONTRIBUTIONS

Each researcher from the team has tasks that mutually support and complement all tasks aimed at providing support and assistance in consuming Fe tablets in pregnant women. These tasks start from submitting permits for places of service, coordinating with pregnant women, providing counseling, and jointly supporting and accompanying pregnant women in consuming Fe tablets.

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