

ANEMIA PREVENTION COUNSELING FOR PREGNANT WOMEN AND PA'DE SUKMA INNOVATION (ANEMIA PREVENTION WITH DATE MILK) FOR PREGNANT WOMEN AT UPTD PUKES CENTER BATUJAYA

**Rini Kundaryanti^{*}, Dedeh Kaswati, Dessy Dian Permatasari, Ida Farida Zulpia, Karyanah,
Rita Cahaya Utami, Rosita Taubah, Siti Amnah**

Midwifery Study Program, Faculty of Health Sciences, Universitas Nasional
Jl. Sawo Manila No.61, RT.14/RW.7, Pejaten Bar., Ps. Minggu, Kota Jakarta Selatan, Daerah Khusus Ibukota
Jakarta 12520, Indonesia

Email: rnikundaryanti@gmail.com

Abstract

Anemia is a public health nutrition problem, especially in pregnancy with hemoglobin levels of less than 11 gr / dl. Efforts to improve maternal health by preventing maternal mortality are issues of concern at the national and global levels, because maternal health is the key to the welfare of children in the future. This community service activity aims to increase the knowledge of pregnant women about anemia in pregnancy and improve the attitudes of pregnant women so that they can realize the importance of preventing and treating anemia in pregnancy. This activity was carried out through the implementation of a simulation of the use of date milk and small group discussions on anemia involving 10 pregnant women from the Batujaya Health Center Area, Karawang Regency. The minimum knowledge score between before and after the activity increased significantly, from the lowest score of 30 to the lowest score of 70, and from the highest score of 70 to the highest score of 100. Most respondents strongly agreed that anemia can endanger pregnancy, so respondents also strongly agreed that efforts to prevent anemia need to be done. carried out including through the consumption of blood-boosting tablets and quality nutrition. Positive activities outside of pregnancy visits to health workers can be a medium for getting support and a place to share between pregnant women with each other, this has the potential to increase the knowledge and attitudes of pregnant women about preventing anemia in pregnancy.

Keywords: Date Milk, Anemia, Pregnant Women

Introduction

A pregnant woman is someone who is undergoing a pregnancy process to give birth to offspring. Pregnancy is a crucial phase of life, therefore, a pregnant woman needs to prepare herself optimally to prevent health problems for herself, the baby, and the birth process, one of which is anemia (Friscila et al., 2023).

Anemia is defined as a condition in which the number of red blood cells is lower than the physiological needs of the body. Anemia is a public health nutrition problem, especially in pregnancy with hemoglobin levels of less than 11 g / dl (WHO, 2022). Severe anemia if the hemoglobin (Hb) concentration is less than 7 g / dl, moderate anemia if the hemoglobin (Hb) concentration is 7-9.9 g / dl, mild if the hemoglobin (Hb) concentration is 10.0-10.9 g / dl. Anemia is a major health problem in the world, affecting 25-50% of the world's population and 50% of pregnant women.

Improving maternal health and welfare is a priority program outlined in the International Conference on Population and Development, the Millennium Development Goals, and continued in

the Sustainable Development Goals (SDGs) (Sari et al., 2022). Efforts to improve maternal health by preventing maternal mortality are issues of concern at the national and global levels, because maternal health is the key to the child's subsequent welfare (Sari et al., 2022).

The condition of the mother during pregnancy, childbirth, postpartum period, and the baby born is greatly influenced by the mother's health. The presence of complications during pregnancy such as anemia, preeclampsia, hypertension, eclampsia, and premature birth can affect the labor process, causing complications such as shoulder dystocia, difficult labor, placental retention, and seizures (Erlinawati & Parmin, 2020; M. Lestari et al., 2022).

Complementary therapy refers to various systems of medicine and health care that are not included in conventional medicine. This therapy aims to complement conventional medical treatment and must be in accordance with applicable health values and laws (Jamilah et al., 2024; Maimunah et al., 2023). Complementary therapies usually include the use of traditional methods in the context of modern medicine, and serve as an alternative for people who experience side effects or high costs from conventional medicine. These therapies can also act as a support in standard midwifery care (Wijaksono et al., 2023).

Conventional medicine usually uses chemical drugs to treat diseases and health disorders. Some problems that arise from conventional medicine include side effects because the drugs come from chemicals and the high cost of drugs. From these problems, people are starting to look back at complementary therapy. Complementary therapy is a way of treating diseases that is carried out as a support for conventional medical treatment. The principle of complementary therapy is therapy that is given as a complement to the applicable standard of midwifery care (Novika et al., 2020).

The findings of the partner's problem are that the community knows that there is traditional medicine for pregnancy complaints experienced by mothers. However, they do not yet know the truth of the information reviewed from a medical perspective, so that the community is hesitant to choose complementary therapy. There are many types of natural ingredients that can increase blood hemoglobin which helps overcome anemia.

Method

Devotion pen This is a community service activity carried out with peers. group discussion, a health education method on anemia prevention through the use of date milk for pregnant women. The instrument for collecting pre- and post-test knowledge data was a questionnaire containing questions about knowledge about anemia and its prevention during pregnancy. The target participants were pregnant women at the Batujaya Health Center UPTD, Batujaya District, Karawang Regency, West Java Province. Data collection on maternal knowledge was carried out before and after counseling by filling out a questionnaire on anemia knowledge, as well as maternal attitudes about anemia in pregnancy.

Results

1. Characteristics of Activity Participants

Table 1. Characteristics of Activity Participants

Characteristics	n	%
Age		
<20 year	1	10
20-35 years	7	70
>35 years	2	20
Education		
SD	2	20
JUNIOR HIGH SCHOOL	2	20
SENIOR HIGH SCHOOL	6	60
Number of children		
0-2	7	70
>2	3	30
Age Pregnancy		
Trimester 1	2	20
Trimester 2	3	30
Trimester 3	5	50
Total	10	100

2. Knowledge of Activity Participants

Table 1 Knowledge of Activity Participants

Respondents	Before	After	Information
1.	50	90	Go on
2.	60	100	Go on
3.	40	90	Go on
4.	70	100	Go on
5.	40	80	Go on
6.	30	80	Go on
7.	70	70	Still
8.	60	100	Go on
9.	50	100	Go on
10.	60	80	Go on
Total	530	890	
Minimum	30	70	
Maximum	70	100	
Average	53	89	

3. Attitudes about Anemia

Table 3. Frequency Distribution of Respondents' Answers Based on Attitudes About Anemia Before and After Counseling Activities

Question	Pre/Post	Frequency Answer (%)					Total	Interpretation
		1	2	3	4	5		
I feel anemia can endanger pregnancy I	Pre	10	20	30	30	10	100	Agree
	Post	0	0	10	20	70	100	Strongly agree
I should do effort prevention of anemia during pregnant	Pre	10	30	30	20	10	100	Agree
	Post	0	0	0	40	60	100	Strongly agree
For prevent my anemia will take more tablets blood in a way regular	Pre	20	20	30	20	10	100	Agree
	Post	0	0	10	30	60	100	Strongly agree
In addition to consuming additional tablets blood, i will Eat vegetables and fruit that you can increase substance iron	Pre	20	10	30	20	20	100	Agree
	Post	0	0	0	40	60	100	Strongly agree

Discussion

The knowledge questionnaire contains 10 questions about the causes of anemia, common symptoms of anemia, diagnosis of anemia, the function of iron tablets and how to consume them, and efforts to prevent anemia that can be done during pregnancy.

Table 2 shows that the majority of participants experienced an increase in knowledge after providing education on preventing anemia in pregnant women, there was only 1 person who had constant knowledge after the activity. In addition, the minimum knowledge score between before and after the activity increased significantly, from the lowest score of 30 to the lowest score of 70, and from the highest score of 70 to the highest score of 100.

In addition to exploring respondents' knowledge about anemia, this activity also explored respondents' attitudes towards anemia which were explored through 4 attitude questions using a Likert scale (strongly agree, agree, neutral, disagree and strongly disagree), the questions explored were about respondents' attitudes that anemia can endanger their pregnancy, the need for efforts to prevent anemia through consumption of blood-boosting tablets and quality nutrition.

Table 3 shows that the majority of respondents had a better change in attitude about anemia after being given education, the majority of respondents strongly agreed that anemia can endanger pregnancy, so respondents also strongly agreed that efforts to prevent anemia need to be carried out, including through the consumption of blood-boosting tablets and quality nutrition.

Conclusion

Anemia in pregnancy is still a crucial problem in Indonesia, socialization activities for anemia prevention by involving similar groups through simulations and small group discussions have been proven to increase knowledge and attitudes of pregnant women about anemia, activities outside of pregnancy visits to health workers can be a medium to get support and a place to share between pregnant women with each other, of course this requires the participation of health workers to always be involved in these activities.

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