




The Effect of Counseling Using Leaflet Media on the Level of Compliance of Pregnant Women with Iron Consumption

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ARTICLE INFO	ABSTRACT
<p>Article history:</p> <p>Received Nov 20, 2023 Revised Nov 23, 2023 Accepted Dec 5, 2023</p> <hr/> <p>Keywords:</p> <p>Extension; Leaflet; Obedience; Substance Iron.</p>	<p>Anemia is rate Hemoglobin in blood below normal. Possible impact _ happened to the mother pregnant so mother and fetus like bleeding moment childbirth and abortion, LBW even death fetus. Need given intervention in mothers pregnant: gift counseling use leaflet. Type study This is intervention. Design <i>true experiment</i>. Design study use <i>pre-test</i> and <i>post test</i> in one group. Population is all over Mother Anemic pregnant women at the Elly Clinic, Klambir V Village, Deli Serdang in 2023, totaling 40 mothers. Amount sample used _ were 40 people obtained with use technique <i>Total sampling</i>. The sample consists of 20 mothers pregnant group treatment use leaflet and 20 mothers pregnant group control without use leaflet. Data analysis techniques use tests <i>Independent t-test</i> . Compliance Mother pregnant with counseling without leaflet is mean value 54.65 and compliance Mother pregnant consumption of substance tablets iron with counseling use leaflet is increase after 76.50. There is improvement obedience Mother consuming substance tablets iron that is $p = 0.000 < \alpha$ value = 0.05. There is improvement in consume iron tablets after get counseling use leaflet.</p> <p style="text-align: right;"><i>This is an open access article under the CC BY-NC license.</i></p> <div style="text-align: right;"></div>

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1. Introduction

Anemia is a condition of decreased hemoglobin (Hb) levels. In a pregnant state, the mother will experience a decrease in Hb levels when compared to a non-pregnant state. This is a physiological reaction of the mother's body which will experience a greater increase in plasma volume than the increase in red blood cell volume, resulting in hemodilution (dilution) and a decrease in hemoglobin levels of up to 11 gr/dL. At the beginning of pregnancy and before pregnancy, a healthy woman's hemoglobin level is 11 gr/dL or more. The concentration is lower in the second and third trimesters. Anemia in pregnant women occurs if the Hb level is less than 11 gr/dL in the first trimester and third trimester, and below 10.5 mg. Anemia is one of them world health problem. According to WHO there is a 38% incidence anemia in mother Mother pregnant (Ariendha et al., 2022) . Alreshidi et al 2021. That around 34.1% of pregnant women who attended ANC in Saudi Arabia experienced anemia <11 g r/ dl from amount the majority experience anemia light (Alreshidi & Haridi, 2021) . In Indonesia anemia also occurs something serious problem _ need handling quick. Pregnant women who experience Anemia in Indonesia isn't it? only in the first trimester however in a few place even anemia That occurs in the third trimester (Aksari & Imanah,

2022). Circumstances anemia various variety in Indonesia however still number tall. According to Tara and Ciptono 2022 in West Jakarta that anemia the majority are aged 20-35 years (66.1%) and have elementary school education (36.5%) parity < 5 (52.2%) (Tara & Ciptono, 2022). Many causes happen anemia in mother pregnant that is age, parity, disease, knowledge, and consumption substance iron (Syarifah Masthura & Nurhalita, 2021). Things you can cause happen anemia it could also be by age pregnancy like results study Action and faith state There is connection age pregnancy to happen anemia moreover Again in situation disaster that is when Covid-19 hit (Tri Aksari & Didik Nur Imanah, 2022). According to Utama 2021, it also states that There is connection between nutritional status Mother pregnant to happen anemia Because lack of nutrition will at a time The FE intake consumed is also less (Primary RP, 2021). Anemia can occur impact on the mother nor fetus. On mother can result happen bleeding moment giving birth Because lack of cell blood red in blood and lack of rate hemoglobin so as well as bound O₂ in blood also decreases (Chaparro & Suchdev, 2019). This matter cause lack of contractions in the uterus during the third period then happen bleeding. while in the unborn fetus Mother can abortion occurred in the first trimester, prematurity in the second trimester and birth weight low in the third trimester or death Jani in content (Farhan & Dhanny, 2021), which is all That consequence from lack of nutrition obtained _ baby moment in content (Hidayanti & Rahfiludin, 2020). According to study Hidayanti et al 2020 states _ Anemia has a very negative impact on the mother and baby so that must avoided (Hidayanti & Rahfiludin, 2020). Even lack of fetus during pregnancy _ can also have an impact moment baby Already born like standing (IBE Utama & Hilman, 2018). One of mother's efforts pregnant spared from circumstances anemia is check rate hemoglobin (Paendong et al., 2016) Because with know HB levels then Mother pregnant will detected more early If happen anemia so that avoid the consequences will be felt mother and fetus (Simorangkir et al., 2022). Proven that Mother less pregnant _ internal ferritin levels his blood can result no impact _ good to mother (Masrurroh & Nugraha, 2020). If mother detected own rate hemoglobin low can straight away handled with administration of fe tablets or containing foods _ fe, though moment This government Already direct emit policy that every Mother pregnant will take Fe tablets, for those who don't anemia 1 tablet each day whereas mothers who don't pregnant 2 tablets each day. However consumption substance iron is a must too in accordance rule Because can influence absorption substance iron in body Mother pregnant (Rimawati et al., 2018). Counseling is something business in give information on someone which effect from giving counseling happen change knowledge, attitudes and behavior as done _ study previously that There is connection between counseling with prevention standing (Febriani et al., 2021). F actor Which Influence Process And Results Study Education Health is factor material environment, instrumental, conditions individual. Instrument in counseling This various type such as print media (leaflets, booklets, rubrics) and electronic media (television, radio, video). Based on studies introduction Which done in Elly Clinic, Klambir V Village Deli Serdang was found information from midwife that form realization counseling is carried out in the form of KIE activities at the time pregnant mother carry out ANC visits without using any assistive media certain things that can help improve understanding of pregnant women lecture form like helped leaflet media. Many efforts have been made Health workers so that mothers pregnant obedient in consuming substance tablets iron like use leaflets, audiovisuals even use application Whats Up (Bingan, 2019). Like research conducted by Alisa et al prove that use leaflet and Whats Up are effective in make Mother pregnant obedient in consuming FE tablets (Aliva et al., 2021). Counseling accompanied by media makes Mother pregnant more facilitated with use Lots five senses in accept method consume FE tablets so Mother pregnant more obedient in consuming FE. Based on description in on, researcher interested For research Influence of Extension With Leaflet Media Regarding Pregnant Women's Compliance with Consumption Substance Iron at the Elly Clinic in Klambir V Village Year 20 23

2. Methods

Type study This is study intervention with using research design *true experiment*. The design of this research is *pre test and post test with control groups design*. Done *pre test* Then intervention

on group experiment and group control Then done *post test* on group experiment and group control after pause time two Sunday. The population in this study was all mothers pregnant who is anemic in Elly Clinic, Klambir V Village, Deli Serdang, 2023. Technique taking in total sampling then all over Mother There were 40 pregnant women who had ANC at the Elly Clinic, Klambir V Village, Deli Serdang into 2 groups control (counseling without leaflets) and treatment (counseling use leaflet) taken in a way random and done intervention before and after Then the result compared to. Comparison of average increase in compliance between groups experimental and control groups) so used test hypothesis *Independent t-test* Because distributed data normal (test parametric).

3. Results and Discussion

3.1 Results

Study This carried out at the Elly Clinic, Klambir V Village, Deli Serdang in 2023. Number of pregnant women studied as many as 40 people, then the collection was carried out again random (*random*) to get 20 mothers pregnant as group controls and 20 mothers pregnant as group treatment. As for characteristics respondents and comparisons enhancement obedience group on research This is in the table as following

Table 1
Characteristics respondent

Variable	Category	Amount	Percentage (%)
Age	20-35 years	37	92.5
	>35 years	3	7.5
	Total	40	100
Education	elementary	10	55
	school	35	45
	JUNIOR HIGH SCHOOL	22	55
	SENIOR HIGH SCHOOL		
	Total	40	100
ANC	Irregular	17	42.5
	Regular	23	57.5
	Total	40	100
Parity	Primipara	24	60
	Multiparous	23	40
	Total	40	100

Based on table 4.1, the majority aged 20-35 years as many as 37 people (92.5%), the majority had high school education as many as 22 people (55%) ANC and the majority Primiparous parity was 24 people (60%). Comparison of the average between pre- test and post-test group control that is group that will given counseling without leaflets can be seen in table 2

Table
Obedience Group Control Before and after counseling without leaflet

variable	N	Mean	Standard defiation	P. Value
Obedience pretest control	20	48.10	15,650	0,000
Obedience post test control	20	54.65	17.015	

According to table 2, the average compliance respondents in the group control in consuming iron tablets before and after counseling it turns out more high on the post test that is moment Already given counseling without leaflet about substance iron (54.65). Comparison between pre- test and post-test group treatment that is group that will given counseling with leaflet seen in table 3.

Table 3
Compliance group treatment before and after counseling by leaflet

variable	N	Mean	Standard defiant	Q. Value
Compliance pretest treatment	20	66.70	15,367	0.000
Compliance post test treatment	20	76.50	16.631	

According to table 3, the average compliance respondents in the group treatment in consuming iron tablets before and after counseling it turns out more high on the post test that is moment Already given counseling about substance iron with leaflet media (76.50). Comparison between post tests group control with post test group treatment that is group after given counseling without leaflet with group treatment after given counseling with leaflet seen in table 4.

Table 4
Obedience consumption of substance tablets iron in the group control after counseling without leaflet with group after counseling with leaflet

variable	N	Mean	Standard defiation	Q. Value
Compliance post test control	20	54.65	17.615	0.000
Compliance post test treatment	20	76.50	16.631	

According to table 4 that comparison of average compliance consuming substance tablets iron at the group post test treatment that is in outreach groups with the media leaflet more high (76.50), compared to extension group with no leaflet media (54.65). The data was then analyzed using *the independent t-test* with software computer and produce *p-value* as big as $0,000 < 0.05$. This value indicates that there is increase in average compliance respondents consumption of substance tablets iron between extension group with media leaflet experience enhancement more tall compared to group counseling without media leaflets.

3.2 Discussion

Behavior is response individual to stimuli that have a strong influence on the self somebody Good from in nor from outside himself (Lake et al., 2017) . On study This, factor which will given intervention that is something stimulus to the mother get pregnant so you can change behavior Mother become obedient in consuming substance tablets iron. Interference will be given to research This is gift counseling using leaflets, From the results study previously that various method in counseling can change behavior someone , some just _ counseling However there are also those who use internal media counseling the (Dwiana & Eko, 2019) . In East Java research by Suminar , et al there is 2021 connection from counseling detection anemia to teenager about anemia (Suminar et al., 2021) . Intervention in research it focuses on instrumental factors by conducting outreach using the media leaflet.

Characteristics Respondent

Characteristics respondents in study This covers The majority had a high school education of 22 people (55%) and ANC visits majority regular as many as 23 people (57.5%), parity The majority of primiparas are 24 people (60%), age majority aged 20-35 years as much as 92.5%. Average compliance without leaflet media 54.65 and average obedience with leaflet media 76.50. Respondent's educational characteristics based on table 4.1 on group counseling with media leaflets and extension groups with no leaflet media.

Improvement Compliance Respondent

Group counseling with media leaflet and group counseling without leaflets experience difference obedience two weeks after being given counseling. Group counseling with media leaflet experience enhancement Which more big that is, 76.50 compared to groups counseling without leaflet media is 54.65. From the results of the *paired t-test* a test with computer software obtained a *p-value* of $0.000 < 0.05$. From mark the can concluded that there is enhancement meaningful compliance with counseling using leaflet media compared to counseling without media leaflets.

From results test *independent t-test* with software computer obtained mark *p-value* $0.000 < 0.05$. From mark the can It was concluded that there was a difference in increasing compliance meaningful between the extension group with leaflet media and extension group without media leaflets. Providing counseling with use media leaflet influential more big to enhancement obedience compared to on group counseling without media leaflets. Giving counseling is very effective in reception information on someone Because with given counseling so somebody can information in a way whole on something topic in detail. In terms of This the topic is Anemia. Consequence Already know information anemia as well as impact If No obedient in consumption substance iron so somebody more clear because as a result. The effectiveness of the use of outreach media is very determined by the number of senses of reception involved. As in other research that with give counseling so increase obedience Mother in consumption substance iron. The more Lots sense Which used, delivery message counseling the more easy understandable. Media leaflet is media Which combine sense vision and hearing in process Power absorb learning. Media leaflet very effective in absorption material Because 82% involve five sense vision and 11% five senses hearing. According to research conducted by Aliva et al , in 2021 that There is influence Health promotion through leaflets and WhatsApp media to obedience take substance tablets iron in mother pregnant (Aliva et al., 2021) . From this research, it is known that counseling with the media leaflet capable increase knowledge Mother pregnant about anemia in pregnancy and iron tablets for pregnant women so you can increase behavior obedience Mother pregnant in consume tablet iron. This research is in line with research conducted Siswati et al 2021 in Yokyakarta that counseling the use of media such as video can be increase knowledge and attitudes Mother pregnant in consumption of substance tablets iron (Student et al., 2021) . This research is also in line with research which was done by Bingan in 2019 in Palangkaraya that happen Counseling use Leaflets are very effective in increase maternal HB levels pregnant (Bingan, 2019) . From results study This, is known that enhancement more compliance with extension groups with leaflet media tall compared to with group counseling without media leaflet because more senses are involved in receiving the message leaflet media compared to without leaflets. This research in line with research conducted by Sugiarti et al 2020 that _ counseling use Leaflets are very effective in prevent anemia (Sugiarti et al., 2020) . Research is also in line with research conducted by Wijaya et al States that exists exists enhancement knowledge missed Mother pregnant about anemia (Wijaya et al., 2022) . This research is also in line with research by Aliva et al in 2021 that There is influence counseling use leaflet For obedience Mother pregnant in consumption of FE tablets (Aliva et al., 2021) .

4. Conclusion

With a statistical test result of 0.000 (P Value < 0.05). There was an increase in the compliance of pregnant women with consuming iron tablets among the group given counseling with leaflets,

higher than the group of pregnant women given counseling without leaflets. The contribution of this research is to provide information to health workers that providing education about iron tablets using leaflets is more effective in increasing the compliance of pregnant women in consuming iron tablets. The limitation of this research is that compliance with iron tablet consumption is still based on data from pregnant women, namely records in the KIA book. Further research is needed to directly monitor pregnant women's consumption of iron tablets.

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