ABSTRACT

The Correlation between Compliance of Iron Tablets Consumption and Incidence of Anemia in Pregnant Woman in Pakis Primary Health Center in Surabaya

(Rizki Amalia Sari)

Anemia is one of the main causes of maternal mortality due to bleeding and infection. The WHO reported that in 2007, the global incidence of anemia in pregnant women ranged from 20 to 89% and the gestational age contributed the increasing rate. The most of anemia causes is iron deficiency (56%) followed by micronutrient deficiency (36%) and hereditary factors (8%). Anemia in pregnant women might cause abortion, infection, hemorrhagic postpartum, and poor outcome of the fetus of the development. Consuming iron tablets can be prevent anemia in pregnant women. The purpose of the present study was to determine the correlation between compliance of iron tablet consumption and the incidence of anemia in pregnant women in Pakis Primary Health Center, Surabaya.

This study was conducted during May – July 2016 by using an analytic observational method with the case-control approach. A total of 68 respondents were divided into groups, a case group consisting of the third-trimester anemic pregnant women who have received 90 iron tablets and a control group consisting of the third-trimester non-anemic pregnant women who have received 90 iron tablets. Samples were taken by purposive sampling technique. The instruments were questionnaire sheet and laboratory data. Data was analyzed by using Fisher’s exact test.

The results showed all pregnant women with anemia did not take iron tablets (0%) and most of pregnant women without anemia obeyed taking iron tablets (30/34, 88.2%). There is significant relationship (p=0.000) between the compliance with consumption of iron tablets and the incidence of anemia in pregnant women in Pakis Primary Health Center in the period of May to July 2016.

Keywords: Compliance, iron tablets, anemia, pregnant women