

Anemia prevention behavior in female adolescents and related factors based on Theory of Planned Behavior: A cross-sectional study

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Submission date: 26-Oct-2022 11:48PM (UTC+0800)

Submission ID: 1936000622

File name: 4._jurnal_Mira_JIDMR_2021.pdf (65.28K)

Word count: 619

Character count: 3471

Factors Affecting Anemia Prevention Behavior in Pregnant Women based on Lawrence Green's Theory

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Abstract

Anemia during pregnancy is associated with maternal morbidity and indirect causes of maternal deaths. Poor anemia prevention behaviors in pregnant women are one of the contributing factors of anemia during pregnancy. This study aimed to analyze the relationship of knowledge, belief and husband support with anemia prevention behaviors in pregnant women.

This study used a correlational design with a cross-sectional approach. The total samples were 153 pregnant women selected using purposive sampling. The independent variables of this study involved knowledge, belief, husband support, and the dependent variable was anemia prevention behaviors. Data were collected through questionnaires and analyzed using the Spearman's Rho with the significance level of $\alpha = 0.05$. Results: Knowledge ($p = 0.000$) and husband support ($p = 0.000$) significantly had a relationship with anemia prevention behaviors. While there was no relation between belief and anemia prevention behaviors ($p = 0.227$).

The increase in knowledge of pregnant women about the anemia prevention improves the mindset and ability to apply anemia prevention behaviors. Belief does not affect anemia prevention behaviors because modernization in the urban society has affected to result in a positive belief. Husband support is important in motivating pregnant mothers to comply with anemia interventions performed by health workers.

Clinical article (J Int Dent Med Res 2021; 14(4): 1705-1708)

Keywords: Anemia, health behavior, health promotion, maternal health, pregnant women.

Received date: 15 February 2021

Accept date: 06 August 2021

Introduction

Anemia in pregnant women becomes a global health issue affecting both mother and fetus. Anemia during pregnancy is associated with the cause of maternal morbidity and indirect causes of maternal deaths globally¹. The prevalence of iron deficiency anemia is still high due to low anemia prevention practices by pregnant women. Some main factors causing the high number of anemia cases in pregnant women are poor eating habits during pregnancy, low adherence to consumption of iron tablets and irregularities in attending antenatal care (ANC) services². The prevalence of women suffering from anemia worldwide was 36%, of which 41.8% and 30% were pregnant women and non-pregnant women, respectively,

The 2018 Basic Health Research states

that the incidence of anemia in pregnant women in Indonesia increased in 2013-2018 from 37.1% to 48.9%³. Data published by the Surabaya City Health Office show that the number of anemia cases in Surabaya in 2016-2017 rose from 3,569 cases to 7,847 cases, respectively⁴.

Health behaviors such as high iron dietary regulation, routine consumption of iron tablets, and participation in antenatal care (ANC) during early pregnancy can reduce the prevalence of anemia in pregnant women⁵. Noncompliance with the consumption of iron tablets occurs due to lack of knowledge about the benefits and side effects of iron tablets.

In relation to that, a previous study has found that pregnant women believe that the side effects of iron tablets can harm baby's health⁶. The irregular participation of pregnant women in ANC can be seen from some delays in starting ANC and the unachieved target of ANC attendance⁷.

Anemia prevention behaviors can be influenced by internal and external individual factors. Health behavior can be observed from

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