

# Influence Perceived Benefit and Perceived Self Efficacy with Intention of Adolescent Girls in Consuming FE Tablet

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## ABSTRACT

Maternal Mortality Rate (MMR) in Indonesia is relatively high when compared with ASEAN member countries. In 2012, MMR in Indonesia amounts to 359/100,000 live births. The main cause of maternal mortality in Indonesia is bleeding factor. The prevalence of iron deficiency anemia among 15-24 year old girls in Indonesia is 18.4%. This study was conducted to determine the factors affecting the intention of adolescent girls in consuming Fe tablets as an effort to prevent anemia in Vocational High School (SMK) Wachid Hasyim 1 Surabaya. This research uses analytic observational method with cross sectional research design. Sampling technique using purposive sampling with the number of samples obtained as many as 63 students. The independent variables were perceived benefit and perceived self efficacy. The results showed that there was a significant influence perceived self efficacy ( $p$ -value= 0,041) and whereas perceived benefit did not have intention of adolescent girls in consuming Fe tablet. Factors that affect the intention of adolescent girls in consuming Fe tablets is perceived self efficacy.

**Keywords:** *intention, Fe tablets, adolescent girls*

## INTRODUCTION

Maternal Mortality Rate (MMR) is one indicator in determining women's health status. Indonesia has a relatively high MMR when compared to ASEAN member countries. In 2005 the value of MMR was 202/100,000 live births, in 2007 was 228/100,000 live births and in 2012 was 359/ 100,000 live births<sup>1</sup>. The Directorate of Maternal Health states that from 2010-2013 the biggest cause of maternal mortality is bleeding<sup>2</sup>.

Surabaya city in 2013 became the largest contributor of maternal death cases in East Java province as many as 49 cases<sup>3</sup>. In 2014, Surabaya was still the city with the largest contributor to Mother Mortality Rate in East Java as many as 39 case<sup>4</sup>. The causes of maternal mortality in Surabaya in 2014 include pre/eclampsia as many as 11 cases, HPP (Bleeding) as many as 10 cases, heart disease 2 cases, HIV 1 case, pulmonary 1 case, hepatitis 1 case and others as many as 13 cases, namely: embolism of amniotic fluid, lupus, hyperthyroidism, and diabetes mellitus<sup>5</sup>.

Anemia and Chronic Energy Deficiency (CED) in pregnant women become the main cause of bleeding and

infection which is the main cause of death in mother. The government and the community are responsible for ensuring that every mother has access to qualified maternal health services, from the time of pregnancy, delivery assistance by skilled health personnel, and postpartum care to mothers and infants, special care and referral in case of complications and access to family planning.

More intervention to adolescent and young adult groups is important to do in accelerating the reduction of MMR<sup>6</sup>. Adolescence is a process of change from childhood to adulthood characterized by physiological and psychological changes. Physiological changes in adolescent girls include menstruation as a sign of functioning of reproductive organs<sup>7</sup>. Women are more often anemic than men, because of the physiological needs of women which increase during pregnancy and the occurrence of menstruation every month<sup>8</sup>.

The prevalence of anemia at the national level is still quite high. Household Health Survey 2005 shows that the prevalence of anemia in pregnant women is 50.9%, post-natal women 45.1%, adolescents aged 10-14 years