

RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND PREGNANT WOMEN'S COMPLIANCE IN CONSUMING BLOOD SUPPLEMENT TABLETS

Dwi Prasetyaningati^{1*}, Anita Rahmawati², Fitriah Lailatul Qomariyah³

¹ITSkes Insan Cendekia Medika Jombang

²ITSkes Insan Cendekia Medika Jombang

³ITSkes Insan Cendekia Medika Jombang

*Corresponding author: anitrahmawati15ugm@gmail.com

Abstract

Introduction: Lack of support from husband in remind his wife for always consume additional tablets blood can causes anemia in mothers pregnant. Condition This will result in complications Serious like birth premature, low birth weight low, or even maternal mortality. Research This aiming for know connection support husband with compliance Mother pregnant in consume additional tablets blood in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency. **Method:** type study This is quantitative with approach cross sectional analytic. The population is all over Mother pregnant as many as 50 mothers pregnant. Technique of taking the sample with simple random sampling. Samples in study This a total of 33 mothers pregnant. Variable independent in research is support husband and dependent variable his is compliance Mother pregnant. Research instrument This use observation and questionnaire. Data processing with use editing, coding, scoring and tabulating. Statistical analysis of the test with chi square. **Results:** results study show part big husband give support for his wife a total of 23 respondents (69.7%), while for those who don't support a total of 7 respondents (30.3%) and some big Mother pregnant obedient in consume plus blood a total of 23 respondents (69.7%), while for those who don't obedient a total of 7 respondents (30.3%). The results of the study obtained p value = 0.024, $\alpha = 0.05$ means H_1 accepted. **Conclusion:** There is connection support husband with compliance Mother pregnant in consume additional tablets blood. Suggestion: researcher furthermore can researchin gother variables that influence compliance Mother pregnant in consume additional tablets blood like factor Mother pregnant, support social, tablet factor added blood and factors culture.

Keywords: Support husband, pregnant mother.

1. INTRODUCTION

Pregnancy can cause significant changes in aspect physical and psychological Mother pregnant. The emergence of fear and anxiety is the usual response happened, considering the magnitude not quite enough the answer faced as well as changes that are taking place in body and mind them. Support from those closest to you , especially Husband is very much needed for the atmosphere inner Mother pregnant more calm and not Lots disturbed (Subagyo & Wahyuningsih, 2019) . Lack of support lazy husband to remind his wife and always Busy with his work , causing lack of compliance wife in consume additional tablets blood that has been given by the officer health so that can cause the occurrence of anemia (Dwi Sentana & Pratiwi, 2019) . If Mother pregnant experience decline compliance in taking additional tablets blood, possibly big will face risk of anemia or decreased Hemoglobin (Hb) when giving birth.

Anemia in mothers pregnant can cause complications Serious like birth premature , low birth weight low , or even maternal death (Lubis *et al* ., 2021) .

The World Health Organization (WHO) (2020) stated that 40% of women pregnant women around the world suffer from anemia. In Indonesia, around 48.9% of pregnant women pregnant experiencing anemia. The majority of anemia in mothers pregnant occurs at the age of 15-24 years reached 84.6% (Ministry of Health of the Republic of Indonesia, 2022). Provision of additional tablets blood in mother pregnant in Indonesia in 2023 only reached 64.0% yet achieve the Renstra target in 2022, which is 98% (Ministry of Health of the Republic of Indonesia, 2022). In the East Java region in 2022, there were as many as 570,367 mothers pregnant (90.82%) received additional tablets blood 90 tablets. In the District Sumenep coverage supplemental tablet administration blood in pregnant women is also still classified as low, not yet reach standard national which is 70%. Prevalence Mother pregnant with anemia in the District Sumenep by 50% of 877,135 people (Health Office) Regency Sumenep, 2022). A studies conducted by researchers previously from 86.5% in mothers pregnant that support husband in consuming Fe tablets can reduce stress during pregnancy and 94.5% of involvement husband during pregnancy provide a sense of security and comfort that contributes to improving health Mother during pregnancy (De Laila *et al* ., 2020) . Based on studies introduction conducted by researchers in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency found that amount Mother pregnant as of March 2024 is 50 people. From the results interview with 10 mothers pregnant obtained that 7 people did not regularly consume additional tablets blood, while 3 people consumed additional tablets blood every day. Mother's reason pregnant No consume additional tablets blood is because of the unpleasant smell nice as well as lack of role and support husband. Low support husband become reason the occurrence of anemia. If support husband low so compliance Mother pregnant in consuming Fe tablets will also not enough good. On the contrary If support family Good so compliance Mother pregnant will good. Husband has great influence in settlement problems faced Mother pregnant Because can make Mother feel safe and comfortable. Because at the time pregnant Mother always want to given love love and care more (Dieny *et al* ., 2019) . Causes of anemia during pregnancy is one of them that is lack of compliance consume drug adder blood (Rahadinda *et al* ., 2022) . Research previously conducted by Rachmawati (2022) that part big causes of anemia in mothers pregnant that is lack of support from husband who makes Mother pregnant No obedient For consuming Fe tablets. At the time done interview majority Mother pregnant disclose No motivated Forconsume the tablets Because No reminded by his partner. The role of support husband is very helpful success Mother pregnant consume Fe tablet supplement. Support husband have a very important role for a Mother pregnant Because individual need the presence of others to each other give attention , help , support and face problem (Indriyani *et al* ., 2020) . Husband can become good reminder for Mother pregnant For consuming substance tablets iron and give nutritious food For prevent the occurrence of anemia (Darmawati *et al.*, 2020) . With support husband and role active power health expected wife will more motivated and helped in consume additional tablets blood in a way regular so that can guard health mother and fetus during pregnancy (Romalasari & Astuti, 2020) .

2. METHODOLOGY

Study This is study quantitative with use design studies *cross sectional*. The population is all over Mother pregnant in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency. Samples in the study This is part Mother pregnant in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency totaling 33 mothers pregnant. Technique of taking the sample use *simple*

random sampling. Variable its *independence* in research This is support husband. While variable its *dependent* is compliance Mother pregnant. *The instrument* used in the study This with use questionnaire support husband and questionnaire related compliance Mother pregnant in consume additional tablets blood. Data collection in research This done with share questionnaire given to respondents namely to the mother pregnant. Processing techniques the data with use *editing, coding, scoring and tabulating*. Analysis used consists of from: analysis univariate and analysis bivariate with using the *Chi Square* test.

3. RESEARCH RESULT

Research result includes general data that is characteristics Respondent covering age husband, age wife, education husband, education wife, job husband, job wife, income husband, trimester of pregnancy and number of parities. While the data in particular is support husband and obedience Mother pregnant in consume additional tablets blood. Distribution frequency characteristics Respondent shown in table 1.

Based on table 1. below This For characteristics Respondent show part big husband Respondent aged 20-35 years as many as 23 people (69.7%), all of them Respondent aged 20-35 years as many as 33 people (100%), some of them big husband educated the last high school graduate was 22 people (66.7%), almost all in all Respondent educated the last high school graduate was 29 people (87.9%), almost all in all age pregnancy Respondent entering the first trimester as many as 25 respondents (75.8%), and almost all in all parity Respondent namely primigravida numbering 27 people (81.8%).

Table 1: Characteristics Respondents

Characteristics	Frequency	Percentage (%)
Age husband		
20-35 years	23	69.7
> 35 years	10	33.3
Age wife		
20-35 years	33	100
>35 years		
Husband's education		
SENIOR HIGH SCHOOL	22	66.7
Bachelor	11	33.3
Wife's education		
SENIOR HIGH SCHOOL	29	87.9
Bachelor	4	12.1
Work wife		
Housewife	25	75.8
Farmer		
Trader	8	24.2
Civil Servant		
Trimesters of pregnancy		
Trimester 1	25	75.8
Trimester 2	8	24.2
Parity		
Primigravida	27	81.8
Multigravida	6	18.2

Table 2: Distribution Frequency Respondents Based on Husband Support

No	Category	Frequency (f)	Percentage (%)
1.	Support	23	69.7
2.	Does not support	10	30.3
	Amount	33	100.0

Based on table 2 above show part big husband give support for his wife a total of 23 respondents (69.7%).

Table 3: Distribution Frequency Respondents Based on Compliance of Pregnant Women in Consuming Blood Supplement Tablets

No	Category	Frequency (f)	Percentage (%)
1.	Obedient	23	69.7
2.	Not obey	10	30.3
	Amount	33	100.0

Based on table 3 above show part big from Respondent obedient in consuming Fe as many as 23 respondents (69.7%).

Table 4: Relationship Support husband with Compliance Pregnant Mother in Consuming Blood Supplement Tablets

Husband Support	Compliance of Pregnant Women				Total	
	Obedient		Not obey			
	Σ	%	Σ	%		
Support	23	69.7	0	0	23 69.7	
Does not support	0	0	10	30.3	10 30.3	
Amount	23	69.7	10	30.3	33 100	

Statistical Test Results Chi-Square obtained results $p= 0.024$

Table 4 shows results tabulation crosstab with p value of 0.024 where mark the moresmall from mark α ($0.024 < 0.05$), so that can conclude that H_1 is accepted that is There is connection support husband with compliance Mother pregnant in consume additional tablets blood

4. DISCUSSION

1. Support husband in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency

Table 2 shows that part big husband give support for his wife as many as 23 people (69.7%). Researchers to argue that support from Husband is very important for wife. When husband give attention and assistance in life everyday, wife feel happier and calmer. Support husband make connection they become more close and mutual support.

Support husband play role important in welfare emotional and psychological wife, especially in face challenge life everyday. Support This can in the form of attention, understanding and help concrete in various aspect life, start from child care up to work House stairs. When the husband gives consistent support. This is can increase confidence self and happiness wife, strengthen connection marriage, and creating environment harmonious family. In addition , support Husbands also contribute to their wives' mental health , reducing level stress , and increase

satisfaction life in a way overall (Yunita *et al* ., 2018) . The factors that influence support husband is one of them is age. Based on Table 1 shows that part big husband aged 20-35 years a total of 23 respondents (69.7%). Researchers to argue that husband who is old between 20-35 years can be considered that they are at in stage mature development and have positive influence in behavior they can assumed that they own more potential big For give effective support to partner they. The men who are in range age mature generally show that they have reach stage mature development mentally, biologically and psychologically. They own more capabilities Good in face various life processes and have positive influence to behavior they, including in give support to partner in decision making (Mutalazimah *et al.*, 2019). In addition to the factors age, support Husband is also influenced by factors education. Based on Table 1 shows that part big husband educated last high school, 29 respondents (87.9%). Researchers to argue that understanding and knowledge gained through education can help husband in understand need health his partner with better. With Thus, husband with more education tall will more capably give more support effective in matter health to her partner. Husband's education owns significant impact to support provided to his partner. Higher level of education tall can increase understanding and knowledge husband as head family. If knowledge husband low , then access to information health his wife will limited , so that husband will face difficulty in take decision with fast and effective (Farida *et al* ., 2019) .

2. Compliance Mother pregnant in consume additional tablets blood in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency

Table 3 shows that part big Mother pregnant obedient in consume additional tablets blood as many as 23 people (69.7%). Researchers to argue that Mother obedient pregnant in taking additional tablets blood Because awareness will importance health, they yourself and also health the fetus is they content reinforced by recommendations and information from power health as well as support from husband or family. Based on Table 1 shows that almost all in all age pregnancy Respondent entering the first trimester a total of 25 respondents (75.8%). Researchers opinion, first trimester often become reason strong a Mother on awareness will importance prenatal care and intake healthy nutrition for the fetus she is carrying. Therefore that, compliance to recommendation health, including Increased tablet consumption blood, can influenced by awareness and knowledge Mother pregnant about need nutrition they. Ani (2019) said that need substance iron (Fe) in the first trimester is around 1 mg per day , plus 30-40 mg for need fetus and formation cell blood red , in the second trimester the need substance iron about 5 mg per day , plus need For formation cell blood red and fetus as much as 300 mg and in the third trimester the need substance iron about 5 mg per day , plus need For formation cell blood red and fetus as much as 223 mg. During pregnancy, body need more Lots substance iron than moment No pregnant. With thus total substance requirement iron during pregnancy range between 800 mg. 500 mg for increase cell blood red and 300 mg for fetus and placenta. Deficiency substance iron during pregnancy can increase risk complications like birth premature, low birth weight low, and problems development in infants. In addition to the factors age pregnancy in the first

trimester, factors age also affects compliance Mother in consume additional tablets blood.

Based on Table 1 shows that all over wife aged 20-35 years a total of 33 respondents (100%). Researchers to argue that experience a better life Lots often give chance for somebody For Study from past experiences, incl experience related health. In addition, the more increase age, a person will own not quite enough more answers big, including in matter guard health self herself and the baby she is carrying. Experience a better life Lots can influence attitudes and behavior someone , including compliance in follow treatment and care health (Hartatik, 2019) . Education factors also influence compliance Mother consume additional tablets blood. Based on Table 1 shows that almost all over his Respondent educated last high school, 29 respondents (87.9%). Researchers think, mother pregnant with more education tall often related with more access Good to information health and understanding about practice good health. Pregnant women with more education high, more obedient to guidelines medical and habits life healthy. Research Previously conducted by Darmawati (2018) showed that anemia in mothers pregnant more often found in mother with level education low. Pregnant women with level higher education own ability more rational good and more easy understand and accept knowledge new .Education level give impact important in ability somebody in accept information , including information general and also related information with health , such as knowledge about anemia, selection nutrient- rich foods iron and intake substance enough iron (Mariza, 2021) .

3. Connection between support husband with compliance Mother pregnant in consume additional tablets blood in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency

Table 4 shows There is connection support husband with compliance Mother pregnant in consume additional tablets blood is significant, so H1 is stated accepted which means There is connection support husband with compliance Mother pregnant in consume additional tablets blood. Researchers to argue that support husband covers various form, such as support emotional, support practical, support financial and support social. When the husband gives adequate support to partner Mother pregnant This can increase motivation and commitment Mother pregnant for follow recommendation medical, including taking additional tablets blood in a way regularly. Based on Table 1 shows that almost all in all Respondent Work as Mother House ladder a total of 25 respondents (75.8%). Researchers to argue although Mother pregnant working own opportunity for increase knowledge and experience they in various aspect life, including health, but matter this is also possible present challenge separately. Workload and responsibility answer on the spot Work can influence ability they for in a way consistent follow recommendation health, including in consume additional tablets blood. Pregnant women who work can to obtain benefit in improve health status they Because can interact in a way wider with other people. Interaction This give chance For to obtain more knowledge and experience Lots in various aspect life , including health (Oktaviani *et al* ., 2019) .

Based on Table 1 shows that almost all in all parity Respondent namely primigravida, a total of 27 respondents (81.8%). Researchers to argue that mothers who experience pregnancy First they Possible experience confusion or more anxiety big about maintenance pregnancy and childbirth. They Possible need more Lots support and information for ensure compliance to recommended treatment. Research Guspaneza & Martha (2019) stated that that the more often frequency Mother giving birth, increasingly big risk lost blood that can impact on the decline hemoglobin (Hb) levels in blood, which is indicator main the occurrence of anemia.

5. CONCLUSION

- A. Support husband in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency part big in category support.
- B. Compliance Mother pregnant in consume additional tablets blood in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency part big in category obedient.
- C. There is connection between support husband with compliance Mother pregnant in consume additional tablets blood in Bragung Village Guluk-Guluk Subdistrict Sumenep Regency

6. BIBLIOGRAPHY

- [1] Darmawati, Mariatul Kiftia, & Fitri, A. (2020). Husband's Support With the Incidence of Iron Deficiency Anemia in. *Journal of Nursing Care* , 12 (2), 104–110. <http://www.jurnal.unsyiah.ac.id/CDJ>
- [2] De Laila, I., Rahmah Burhan, I., & Handayani, T. (2020). Research Article on the Relationship between Husband's Support and Completeness of ANC Visits at Lubuk Buaya Health Center. *Scientific Journal of the Faculty of Nursing* , 1 (2), 6. <http://jikesi.fk.unand.ac.id>
- [3] Dieny, FF, Widyastuti, N., Fitrianti, DY, Nissa, C., Tsani, FA, & Jauharany, FF (2019). Iron Deficiency in Obese Premarital Women of Childbearing Age. *Indonesian Micro Nutrition Media* , 10 (2), 101–110. <https://doi.org/10.22435/mgmi.v10i2.5>
- [4] Farida, L., Kurniawati, D., & Juliningrum, PP (2019). The Relationship between Husband's Support and Childbirth Readiness in Adolescent Pregnant Women in Sukowono, Jember. *Health Library* , 7 (2), 127. <https://doi.org/10.19184/pk.v7i2.19125>
- [5] Guspaneza, E., & Martha, E. (2019). The Influence of Maternal Behavior During Pregnancy on Unintended Pregnancy Status in Indonesia. *Indonesian Public Health Media* , 15 (4), 384–390. <https://doi.org/10.30597/mkmi.v15i4.7986>
- [6] Hartatik, S. (2019). Factors Affecting Compliance of Pregnant Women in Consuming Fe Tablets at the Bantur Health Center UPTD. *Journal of Visual Languages & Computing* , 1 , 22–31.
- [7] Indriyani, D., Asmuji, D., Science, F., University, K., & Jember, M. (2020). ANALYSIS OF OPTIMIZATION BEHAVIOR OF BREAST MILK PRODUCTION IN WORKING AND NON-WORKING POSTPARTUM MOTHERS IN THE SUMBERSARI COMMUNITY HEALTH CENTER AREA, JEMBER. *IPTEKS Research Journal* , 2 (2), 148–153. <https://doi.org/10.32528/IPTEKS.V2I2.1898>
- [8] Lubis, SPA, Ardhia, D., & Darmawati. (2021). OVERVIEW OF PREGNANT

WOMEN'S KNOWLEDGE AND COMPLIANCE IN CONSUMING IRON TABLETS. *Jim* , V (1), 6.

[9] Mariza, A. (2021). *INNOVATION OF "TAPE BUMILA (ANEMIA PREGNANT WOMEN CARE AMBASSADOR)" ACTIVITIES, KALI BENING RAYA VILLAGE, SOUTH ABUNG DISTRICT, NORTH LAMPUNG REGENCY* . 3 (1), 1–23.

[10] Mutualazimah, M., Mulyono, B., Murti, B., & Azwar, S. (2019). Iodine Intake, Urinary Iodine Excretion, and Goiter in Women of Reproductive Age in Endemic Areas of Iodine Deficiency. *Kesmas: National Public Health Journal* , 8 (3), 139. <https://doi.org/10.21109/kesmas.v8i3.359>

[11] Nur, AF, & Arifuddin, A. (2019). RISK FACTORS OF PREECLAMPSIA IN PREGNANT WOMEN AT ANUTAPURA HOSPITAL, PALU CITY. *Healthy Tadulako Journal (Tadulako Health Journal)* , 3 (2), 69–75. <https://doi.org/10.22487/HTJ.V3I2.55>

[12] Oktaviani, S., Achmad Firdaus, F., & Argadireja, DS (2019). Relationship between Employment Status and Regularity of Antenatal Care Visits in the Working Area of Cibuntu Health Center UPT, Bandung Kulon District in 2019. *Bandung Islamic University* , 13–18. <http://dx.doi.org/10.29313/kedokteran.v7i1.25870>

[13] Rachmawati, F. (2022). Husband's Support in Preventing Anemia in Pregnancy. *MJ (Midwifery Journal)* , 2 (1), 15–18.

[14] Rahadinda, A., Dwi Utami, K., Reski, S., Kaltim, P., Kunci, K., Anemia, :, Hamil, I., Badan, B., & Rendah, L. (2022). The Relationship between Anemia in Pregnant Women and the Incidence of LBW at Abdul Wahab Sjahranie Hospital, Samarinda. *Formosa Journal of Science and Technology* , 1 (5), 421–434. <https://doi.org/10.55927/FJST.V1I5.1219>

[15] Romalasari, NF, & Astuti, K. (2020). The Relationship Between Husband's Support and Participation in Pregnant Women's Classes with Anxiety Facing Childbirth

[16] Subagyo, W., & Wahyuningsih. (2019). RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND ANXIETY LEVELS IN PRIMIGRAVID MOTHERS IN THE THIRD TRIMESTER IN FACING LABOR. *The Soedirman Journal of Nursing* , 10 (1).

[17] Yunika, RP (2021). *The Relationship between Knowledge Levels About Anemia and Compliance with Taking Blood-Adding Tablets in Third Trimester Pregnant Women* . 02 (02), 1–7. <https://journal.universitasbumigora.ac.id/index.php/nutroiology/article/view/1583>

[18] Yunita, N., Supiyati, S., Indonesia, EI-JK, & 2018, U. (2018). Factors affecting compliance of pregnant women in consuming iron (Fe) tablets in the work area