

THE CORRELATION BETWEEN THE RISK OF ANEMIA IN PREGNANT WOMEN AND THEIR ADHERENCE TO PRENATAL CARE VISITS

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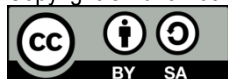
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ABSTRACT

The prevalence of anemia in pregnant women is still quite high, namely (48.9%). The aim of this study was to determine the relationship between Antenatal Care visits and the risk of anemia in pregnant women in Bima Regency, West Nusa Tenggara. This research is Correlative Analytical with a cross-sectional approach. where the population is 202 pregnant women for the period January-June 2023, while the sample is 51 pregnant women in the third trimester using a total sampling technique. The dependent variable of the research is the risk of anemia in pregnant women, while the independent variable is Compliance with Antenatal Care Visits for Pregnant Women. Data was obtained by looking at the results of examinations in the KIA book for pregnant women and checking hemoglobin with digital Hb. In this study, primary data was obtained by examining the KIA books of pregnant women and checking hemoglobin. Meanwhile, secondary data consists of data on the number of pregnant women in the third trimester. Data analysis in this study consisted of univariate analysis and bivariate analysis. Bivariate analysis uses the chi-square statistical test. The results of the study showed that there was a relationship between pregnant women's compliance with antenatal care visits and the risk of anemia with a value of $P = 0.000$.

Keywords: Antenatal Care Visits, Risk of anemia, Pregnant women

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INTRODUCTION

Anemia is a condition where red blood cells are reduced so that the oxygen carrying capacity is insufficient to meet the body's physiological needs. In general, iron deficiency is considered the most common cause of anemia (Amalia, 2019). Anemia in pregnant women is a condition where the hemoglobin level is <11 g/dl in the first and third trimesters or <10.5 g/dl in the second trimester (Rizki et al., 2017).

Based on WHO data in 2015, the global incidence of anemia in pregnant women is 28-36 million people. Meanwhile, the highest number of anemia is in Asia, namely 12-22 million people, and the lowest is in the Pacific Ocean, around 100-200 people. The prevalence of anemia in pregnant women in Indonesia is 48.9% (Kariani et al., 2022).

Based on data from the West Nusa Tenggara Health Service, the number of pregnant women suffering from anemia increased between 2019 and 2020. According to the 2020 West Nusa Tenggara Provincial Health Service report, the percentage of pregnant women in West Nusa Tenggara who experienced anemia increased to 10.88% in 2019 (Ariendha et al., 2022). Based on data from the Bima District Health Service in 2021 from 18 community health centers in Bima District, the results of hemoglobin measurements in pregnant women showed that as many as 61.9% had anemia. And in Bima Regency, anemia is included in the 10th category of diseases that are experienced by many people. The maternal mortality rate reflects the risk faced by anemia during pregnancy and childbirth which is influenced by the mother's nutritional status, socio-economic conditions, poor health conditions before giving birth, the availability

and use of prenatal and obstetric service facilities (Ariendha et al., 2022).

Pregnant women with anemia can have a negative impact on both the mother and the fetus she is carrying. If not treated quickly and appropriately, anemia can trigger premature birth and can even cause death (Farhan & Dhanny, 2021).

Antenatal care visits for pregnant women can be used to detect early high-risk pregnancy and childbirth which can reduce maternal mortality rates and monitor the condition of the fetus. Ideally, with regular antenatal care visits, abnormalities that may occur during pregnancy will be immediately identified so that they can be treated immediately before they have a negative impact on the pregnancy (Haryanti et al., 2019). Irregularities in antenatal visits can be one of the causes of anemia in pregnant women, because activities carried out during antenatal visits, such as giving iron and explaining the signs of high-risk pregnancy, are one of the main points of antenatal care (Deswati et al., 2019).

Based on preliminary data taken from the Madapangga Community Health Center, Bima Regency, the total number of pregnant women from January-June 2023 was 202 people (100%). The aim of this study was to determine the relationship between Antenatal Care visits and the risk of anemia in pregnant women in Bima Regency, West Nusa Tenggara. Meanwhile, the number of pregnant women in the third trimester was 51 people (23.1%), this is This is also supported by the results of initial interviews conducted by researchers with 5 pregnant women in the Madapangga Community Health Center working area, it was found that they did not regularly make Antenatal Care (ANC) visits and 3 pregnant women admitted that they often forgot to take Fe tablets and felt the smell was unpleasant.

METHOD

Correlative analytical research was the sort of study that was conducted, and a cross-sectional study was the research design. The population for this study consisted of 202 pregnant women overall between January and June 2023, and 51 pregnant women in the third trimester, using a complete

sampling technique. Pregnant women who are in their third trimester, willing to participate in the study, and in good physical and mental health are the inclusion requirements. The present study employs the following methodology: a) main data collection is conducted through hemoglobin testing and KIA book examination among pregnant women. b) Secondary data: information on the number of pregnant women in their third trimester is included in secondary data.

KIA book for information and health records as well as special notes on the history of Antenatal Care (ANC) visits during pregnancy. Checking haemoglobin to determine the hemoglobin levels of pregnant women.

This research has passed the ethical test by the Stikes Yahya Bima Ethics Committee with ethical test passing letter Number : 10/EC/KEPK/STIKES-YB/V/2024

RESULTS

Respondent Characteristics

The age and occupation of the respondents were among the parameters examined

Table 1 Overview of Respondent Characteristics (n-35)

Characteristics of responden	n	%
Age		
20-35 Years	29	82,9
> 35 years	6	17,1
Education		
Low	2	5,7
Inter mediate	17	48,6
Tall	16	45,7
Work		
Work	11	31,4
Not working	24	68,6
Total	35	100

Table 2. Distribution of compliance with Antenatal Care (ANC) visits

ANC visits	n	%
Obedient	20	39,2
Not obey	31	60,8
Total	51	100

Table 3. Distribution of risk of anemia in pregnant woman

Anemia status in pregnant women	n	%
Anemia	18	35,3
Not anemic	33	64,7
Total	51	100

Table 4. The association between the risk of anemia in pregnant women and their compliance with antenatal care visits

	Anemia				Total	Value
	Risk of Anemia		No risk of Anemia			
	N	%	N	%		
Obedient	0	7,1	20	12,9	20	0,000
No obey	18	10,9	13	20,1	31	
Total	18		33		51	

DISCUSSION

The respondent's qualities will impact the study's findings. The age. A person's ability and perspective change with age. As she gets older, her ability and mindset will also increase, improving her knowledge and her ability to comprehend the health information that medical professionals present (Wirosari & Fanani, 2017). b) Employment .The process of obtaining the knowledge required for an object is greatly influenced by the labor of an individual. (Mahmud, 2018).

With a P value of 0.000, the study's findings show a correlation between the risk of anemia and

adherence to antenatal care (ANC) appointments. The purpose of the ANC visit is to identify any abnormalities that may arise during pregnancy so that they are promptly identified and followed up on and do not have a negative effect on the pregnancy. Pregnant women who do not comply with ANC visit requirements or who do not meet visit standards may not be aware of the risks that can occur in pregnancy (Adriana, 2022).

According to this study, ANC visits may have an impact on a pregnant woman's risk of anemia. The findings demonstrated that eighteen expectant mothers disregarded ANC visits (35.3%). It is suspected that based on data on pregnant women who experience anemia, some of them do not comply with ANC visits and start visits not at the beginning of the trimester. So respondents cannot know the risks that occur in their pregnancy and cannot prevent them, resulting in pregnancy anemia. Research states that the lower the hemoglobin level in pregnant women, the greater the risk of the mother experiencing postpartum bleeding. Other research also states that pregnant women with low hemoglobin levels have a 4 times risk of experiencing postpartum bleeding (Sulung et al., 2022).

Pregnant women who develop anemia during the third trimester of their pregnancy run the danger of having an impact on the health of both the mother and the fetus. Low birth weight (LBW) babies are more likely to be born to pregnant women who are experiencing anemia throughout the third trimester of their pregnancy, according to the research findings. The risk of LBW occurs due to the mother's body's metabolism not being optimal as a result of a lack of oxygen supply (Suryani et al. 2023). There is a noteworthy correlation between the occurrence of anemia in pregnant women and the status of pregnancy in the third trimester, according to additional research (Tambunan, 2011).

CONCLUSION

With a P value of 0.000, the study's findings show a correlation between the risk of anemia and adherence to antenatal care (ANC) appointments. The researcher's hope is that this research will become an additional reference regarding

compliance with The impact of ANC visits on pregnant women's risk of anemia. as well as being a reference for scientific information and can be a basic source for researchers to continue research on the incidence of anemia in pregnant women.

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