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Counseling About Anemia In Pregnant Women And Adolescent Girls In RT 2 Batu Urip Village, Lubuk Linggau City

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Abstract. Anemia is a nutritional problem in the world. Based on the World Health Organization/WHO report, more than 30% or 2 billion people in the world have anemia. The prevalence of anemia in Indonesia, which is 21,7% with anemia sufferers aged 5-14 years is 26.4% and 57% aged 15-24 years. The data shows that anemia is a nutritional problem that is often experienced by teenagers. According to Riskesdas data, the prevalence of iron deficiency anemia is found in adolescent girls at 22.7%, while iron deficiency anemia in adolescent boys is 12.4%. Anemia that is most often found in pregnancy is anemia due to iron deficiency caused by lack of iron intake in food, absorption disorders, increased iron requirements. Every year around 40% of pregnant women around the world experience anemia mainly due to iron deficiency. At the end of the extension process, pregnant women and young women in RT 2 Batu Urip Village can understand and understand about Anemia.The method used in counseling about anemia is lectures and questions and answers as well as distributing leaflets.The results of counseling activities about Anemia in Pregnant Women and Young Women in RT 2 Batu Urip Village are the average pretest knowledge of pregnant women and young women about Anemia beforebeing given counseling about Anemia is <50 in the category less. Then the average post-test knowledge of pregnant women and teenage girls after being given counseling about Anemia is >50 in the good category.

Keywords: *Anemia, Pregnency, Health Education.*

INTRODUCTION

Anemia is a condition where the number of red blood cells or hemoglobin (Hb) level in the blood is lower than the normal value for a group of people according to age and sex. In healthy people, red blood cells contain hemoglobin, which is responsible for carrying oxygen and other nutrients such as vitamins and minerals to the brain and body tissues. Normal Hb levels in men and women are different. Hb levels for anemic men are less than 13.5 g/dl, while Hb levels in women are less than 12 g/dl. Anemia can cause several clinical symptoms.

Anemia is a nutritional problem in the world. Based on the World Health Organization/WHO report, more than 30% or 2 billion people in the world have anemia status. The prevalence of anemia in Indonesia is 21.7% with anemia patients aged 5-14 years amounting to 26.4% and 57% aged 15-24 years. The data shows that anemia is a nutritional problem that is often experienced by adolescents. According to Riskesdas data, the prevalence of iron deficiency anemia was found in adolescent girls at 22.7%, while iron deficiency anemia in adolescent boys was 12.4%.

The most common anemia in pregnancy is iron deficiency anemia caused by insufficient intake of iron in the diet, impaired absorption, and increased iron demand. Every year about 40% of pregnant women worldwide experience anemia mainly due to iron deficiency. The highest prevalence of anemia in pregnancy occurs in the African region which reaches 46.34%, the Asian region 47.92%, Europe 26.15% and the lowest occurs in the American region which is 25.28%.

Results from other studies amounted to 37.1%. The highest number occurred in rural areas at 37.8% and the lowest occurred in urban areas at 36.4%. While the result of the incidence of anemia in pregnant women is 48.9%. The highest number of anemia cases in pregnant women is still dominated by rural areas, reaching 49.5% while in urban areas it is 48.3%.

RESEARCH METHODS

This service was carried out in the village where this village is where students carry out Real Work Lectures (KKN) Study Program of the Faculty of Health Sciences, Dehasen University Bengkulu. The target is residents of RT 2 Batu Urip Lubuklinggau Utara II, especially for pregnant women and adolescent girls. The method of work begins with the approval of the CI Puskesmas, requesting permission from Batu Urip Village, Head of RT 2 and Batu Urip Cadre.

Then conduct an assessment at RT 2 Batu Urip. From the results of the assessment, problems were found in pregnant women and adolescent girls who were at risk of anemia, then conducted health counseling with anemia problems. This community service activity was carried out on June 24, 2024 to July 06, 2024. This activity was carried out on June 27, 2024, at 14:00 WIB at the KKN Post located in RT 2, Batu Urip Village, Lubuklinggau Utara II District. The series of counseling activities about Date Juice are:

1. Pregnant women and teenage girls fill in the attendance
2. Filling out the questionnaire as a pre-test
3. Distribute leaflets
4. Provide an explanation and description of Anemia
5. Opened a question and answer session
6. Giving a questionnaire as a post-test of knowledge about anemia
7. Filing the results of the activity.

Figure 1: Flow of Health Promotion Activities for Anemia Prevention with Date Juice

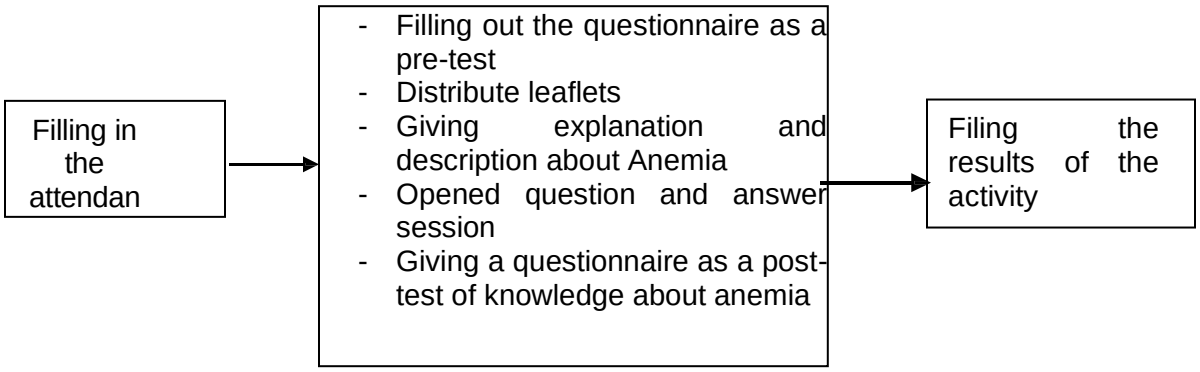
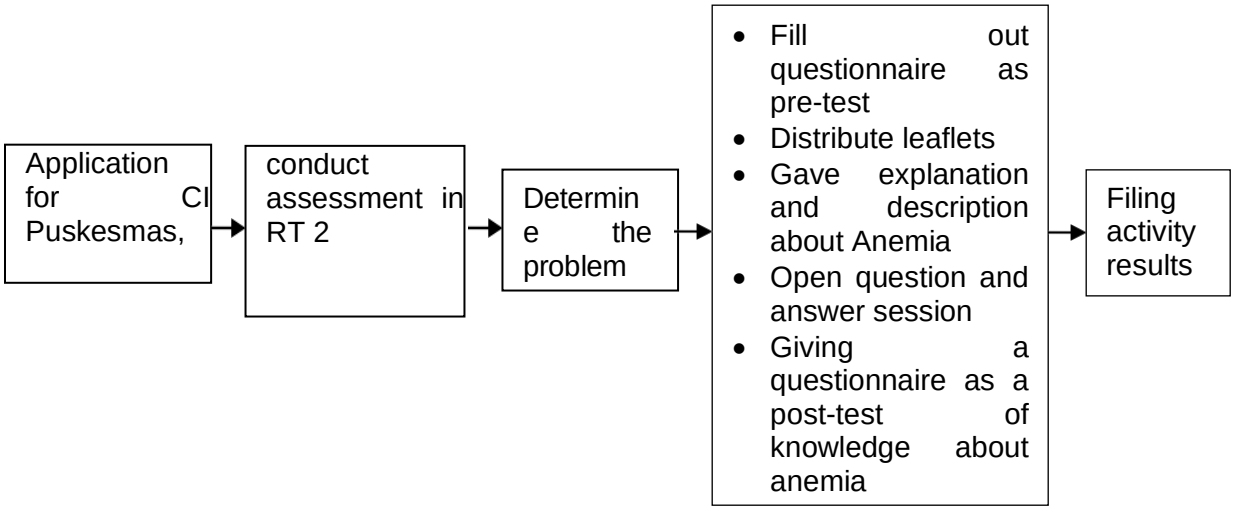


Figure 2. Activity Scheme



RESULTS AND DISCUSSION

Activity Results

Activities carried out are counseling activities on Anemia as well as Nobar for pregnant women and adolescent girls.

Anemia Counseling Activities

The results of counseling activities on Anemia in Pregnant Women and Adolescent Girls in RT 2 Batu Urip Village are the average pre-test knowledge of pregnant women and adolescent girls about Anemia before being given counseling about Anemia is <50 in the poor category. Then the average post-test knowledge of pregnant women and adolescent girls after being given counseling about Anemia is > 50 in the good category.

Table 1. Frequency distribution of knowledge level before counseling

Criteria	Kriteria	Frekuensi	Persentase (%)
Good	Baik	6	25 %
Less	Kurang	18	75 %
Total	Jumlah	24	100%

Based on the table above, it shows that before being given counseling, good knowledge has a value of 23% while less knowledge is 74%.

Table 2. Frequency Distribution of Knowledge Level After Counseling

Criteria	Frekuensi	Persentase (%)
Good	18	75%
Less	6	25%
Total	24	100%

Based on the table above, it shows that after counseling is given, good knowledge has a value of 69% while knowledge is less than 31%.

Table 3. Distribution Before And After Counseling

Criteria	Pre Test	Pos Test
Good	25%	75%
Less	75%	25%
Total	100%	100%

There was a change in the criteria for good knowledge from 25% to 75%, while for less criteria there was a change from 75% to 25%.

Problem solving

Anemia is a state of hemoglobin (Hb) levels in the blood less than normal which differs according to age groups, gender and physiological conditions. The goal itself is to explain the meaning, causes, signs and symptoms, complications and how to prevent and treat anemia. The benefit of this activity is that the community, especially pregnant women and adolescent girls, know the meaning, causes, signs and symptoms, complications, and how to prevent and treat anemia.

Figure 1: Counseling on Anemia

CONCLUSION

Anemia is a condition where the hemoglobin (Hb) level in the blood is less than normal, which differs according to age group, gender and physiological conditions.Pregnant women are a top priority as this group is most vulnerable to anemia. This is due to the increase in blood volume during pregnancy for the formation of the placenta, fetus and iron reserves in breast milk. Hb levels in pregnant women decrease in the first trimester and are lowest in the second trimester, then increase again in the third trimester. WHO does not recommend a threshold limit for Hb levels according to trimester of pregnancy. Decreased Hb levels in pregnant women suffering from moderate and severe anemia will result in increased risk of childbirth, increased child mortality.Efforts to prevent iron nutritional anemia in pregnant women are carried out by giving 1 TTD every day during pregnancy at least 90 tablets, starting as early as possible and continuing until the postpartum period. Giving TTD every day during pregnancy can reduce the risk of maternal anemia by 70% and iron deficiency by 57% (WHO 2012).

Treatment for anemia patients is given 2 tablets every day until Hb levels reach normal. Examination of Hb levels in pregnant women with anemia is carried out with the following conditions:

- If pregnant women are detected anemia in the first trimester, the Hb level check is carried out every month.
- If pregnant women are detected with anemia in the second trimester, the Hb level check is carried out every two weeks until the Hb level reaches normal.
- If the Hb level does not change in the next examination, then it is immediately referred to higher health services.

If the anemia is caused by iron deficiency, then regular consumption of TTD will increase the Hb level within one month after TTD consumption. If the Hb does not change after regular TTD consumption, it is likely that the anemia is not caused by iron deficiency.

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