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THE RELATIONSHIP BETWEEN FAMILY MOTIVATION AND COMPLIANCE WITH HAEMOGLOBIN EXAMINATION CONTROL FORPREGNANT WOMEN IN THE THIRD TRIMESTER AT POSYANDU TANGGUL KULON

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ABSTRAK

Latar belakang : Salah satu faktor yang mempengaruhi kepatuhan ibu hamil dalam pemeriksaan *haemoglobin* adalah motivasi. Peran serta keluarga dalam memberikan motivasi bisa meningkatkan energi positif bagi ibu hamil sehingga dapat meningkatkan kepatuhan ibu hamil dalam melakukan pemeriksaan *haemoglobin.* Kepatuhan ibu hamil dalam pemeriksaan *haemoglobin* bisa menentukkan diagnosa secara dini. **Tujuan :** Untuk mengetahui hubungan motivasi keluarga dengan kepatuhan kontrol pemeriksaan *haemoglobin* ibu hamil trimester III di posyandu tanggul kulon. **Metode :** Penelitian ini menggunakan desain penelitian analitik korelasi, untuk mencari hubungan sebab akibat antara dua variabel. Pendekatan menggunakan *cross sectional* dengan populasi 30 ibu hamil trimester III. Tehnik pengambilan sampel menggunakan *total sampling.* Instrumen yang digunakan pada motivasi keluarga menggunakan kuesioner dan kepatuhan kontrol pemeriksaan *haemoglobin* ibu hamil trimester III melihat data buku KIA. Analisa yang digunakan adalah uji statistik *spearman rank.* **Hasil :** Dari hasil penghitungan melalui uji *spearman rank* dengan menggunakan spss 23.0 didapatkan hasil *ρ- value* 0,003 < α 0,05. **Kesimpulan :** Berdasarkan hasil uji *spearman rank* menunjukkan ada hubungan motivasi keluarga dengan kepatuhan kontrol pemeriksaan *haemoglobin* ibu hamil trimester III di Posyandu Tanggul Kulon tahun 2024. Diharapkan keluarga lebih meningkatkan lagi motivasi kepada ibu hamil trimester III untuk melakukan pemeriksaan *haemoglobin* sehingga dapat mencegah terjadinya komplikasi kehamilan.

Keywords: *Family Motivation, Compliance of Pregnant Women*

ABSTARCT

Background : *One of the factors that influences pregnant women is compliance with haemoglobin examination is motivation. Family participation in providing motivation can increase positive energy for pregnant women so that it can increase pregnant women is compliance in carrying out hemoglobin tests. Pregnant women is compliance with hemoglobin examination can determine an early diagnosis.* ***Purpose :*** *To determine the relationship between familymotivation and compliance with haemoglobin examination control for third trimester pregnant women at posyandu tanggul kulon.* ***Methods :*** *This research uses a correlation analytical research design, to look for a causal relationship between two variables. The approach uses a cross sectional with a population of 30 pregnant women in the third trimester. The sampling technique uses total sampling. The instruments used for family motivation were questionnaires and compliance control for third trimester pregnant women's hemoglobin examination by looking at the KIA book data. The analysis used is the Spearman rank statistical test.* ***Results :*** *From the results of calculations using the spearman rank test spss 23.0, the results obtained were ρ-value* 0,003 < α 0,05. ***Conclusions :*** *Based on the results of the Spearman Rank test, it shows that there is a relationship between family motivation and compliance with control of hemoglobin examinations for third trimester pregnant women at Posyandu Tanggul Kulon in 2024. It is hoped that the family will further increase the motivation of pregnant women ini the trimester III to carry out haemoglobin examinations so that they can prevent pregnancy complications.*

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Introduction

Hemoglobin (red blood cells) or also known as Hb is a metalloprotein or protein that contains iron in red blood cells that is able to deliver oxygen from the lungs to the rest of the body. Hb levels in pregnant women are around 11 g/dL. An indicator of the prevalence of anemia is hemoglobin (Hb) levels. The increased plasma volume makes hemoglobin concentrations decrease during pregnancy. As a result, the overall viscosity decreases. Normal Hb values at the end of pregnancy averaged 11 g/dL, and about 5% of pregnant women had Hb levels below 11.0 g/dL. Hb values below 11.0 g / dL, especially towards the end of pregnancy, should be considered abnormal and an indication of iron deficiency[1].

According to the WHO, it is estimated that between 35-75% and 18% of pregnant women in developed countries suffer from anemia. Findings based on (Riskesdas) show that the prevalence of anemia during pregnancy is high, which is 37.1%, in Indonesia. The prevalence of anemia in Indonesia from 2013 to 2018 has increased. The prevalence of gestational anemia in Indonesia in 2013 was 37.1% and increased to 48.9% in 2018. Meanwhile, the incidence of pregnancy anemia in East Java in 2020 was 19.6%[2].

According to the Jember District Health Service (2020), reported that in 2018, 39.57% of pregnant women in all health centers in Jember experienced anemia. The following year, there was a decrease of 31.75% of diagnosed pregnant

women anemia. Even though this number has decreased, in Jember Regency it is still relatively low causes anemia in pregnancy so you need to be careful to prevent complications. According to maternal health profile data from January to December 2023, hemoglobin examination of pregnant women in the first trimester is 69.75%, while pregnant women in the third trimester was 30.25%. Basically an inspection Laboratory work that must be done during pregnancy must be done in accordance with government regulations to prevent early complications. From all data The sub-district in Jember Regency, namely Tanggul, is ranked 5th non-compliance of pregnant women who check hemoglobin in the third trimester. Although Tanggul not included in the top ranking sub-districts regarding hemoglobin testing However, in Tanggul District there are still many women who are not yet pregnant in their third trimester carry out a hemoglobin test[3].

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From secondary data obtained through local monitoring data at the Tanggul Health Center, the incidence of anemia in pregnant women is 30.54%, meaning that 2-3 out of 10 pregnant women suffer from anemia. Data coverage for the entire tanggul area from January to December 2023 showed that there were 609 pregnant women who checked the hemoglobin laboratory in the first trimester and 186 pregnantwomen who checked the laboratory in the third trimester. Especially for Tanggul Kulon Village, from January to December there were 164 pregnant women, including K1 94 and K4 70. Inthe first trimester there were 94 pregnant women undergoing hemoglobin examinations, and in the third trimester there were 4 pregnant women undergoing hemoglobin examinations. Thus,there were 66 pregnant women who did not havehemoglobin tests during the third trimester. The conclusion reached was that there were 94.28% of pregnant women in the third trimester who did not comply with the hemoglobin test[4].

The indirect cause of pregnant women's compliance related to hemoglobin test control inthe third trimester is influenced by the low attention given by families to pregnant women. Family motivation plays a very important role in a woman's pregnancy so that control compliance with pregnant women is still carried out properly. It is also very much needed by pregnant women so that their psychological needs are met and pregnant women's compliancein maintaining pregnancy can be well maintained[5].

According to the Indonesian Ministry of Health in 2021, if compliance in hemoglobin examination control in the third trimester is not carried out properly. As a result, the incidence of anemia in pregnancy can occur at any time during pregnancy. Anemia during pregnancy is an event that often occurs due to the process of hemodilution during pregnancy. Anemia during pregnancy can have a number of negative effects, including stunted fetal growth, low birth weight of babies (BBLR), premature babies, babies with congenital abnormalities, anemia in newborns, and a higher risk of bleeding during childbirth[6].

Success in efforts to create maternal and child health must first get indications from the events that occur in the community. Management to respond or overcome it can be done optimally by health workers. The solution effort to prevent anemia in pregnancy is for health workers to continuously provide

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education about the hemoglobin examination program that must be carried out for pregnant women which is carried out 2 times, 1 examination is carried out in the first trimester and 1 examination is carried out in the third trimester. The follow-up effort is to manage the psychological needs of pregnant women with

the participation and motivation of families who are biased to provide positive energy for pregnant women so that they can increase the readiness of pregnant women during pregnancy and increase pregnant women's compliance in re-controlling hemoglobin tests in the third trimester.

Given the presentation delivered in relation to the compliance of pregnant women in controlling hemoglobin levels, one of the factorsrelated to the compliance of pregnant women is the motivation provided by the family. In order to prevent the onset of anemia diagnosis before childbirth, this study aims to determine the relationship between family motivation and compliance with hemoglobin test control in pregnant women in the third trimester.

Method

Correlation analysis research design, which aims to find a relationship between two variables, with a quantitative type of research. The cross sectional approach model was used for the subject approach in this study, which was carried out from January to April 2024 at the Tanggul Kulon Posyandu, the working area of the Tanggul Health Center. The population of this study consists of 30 pregnant women in the third trimester. Total Sampling is a method used

to select samples from the entire population. The inclusion criteria in this study are pregnant women in the third trimester who are willing to take part in the research and have their pregnancy checked at the Tanggul Kulon Posyandu in the Tanggul Health Center work area between January and April 2024. The family motivation variable instrument used a questionnaire while the control compliance of haemoglobin examination for pregnant women in the third trimester used data from the 2022 KIA book. Furthermore, he obtained a research ethics permit from the University KEPK dr. Soebandi with

the number 66/KEPK/UDS/I/2024 then asked forpermission from the head of the embankment health center to obtain a research permit and then conduct research. The processing of data on family motivation variables is determined by thescore

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value of the statement that the pregnant woman fills out through the questionnaire given to the child is calculated with the motivation value score formula and then divided into several categories, namely: 1) Strong 67 – 100%, 2) Medium 34 – 66%, 3) Weak 0 – 33%.

As for the compliance variables of pregnant women in the third trimester, they are 1) Compliant, 2) Non-compliant. Univariate analysis in this study was carried out to describe the characteristics of age, education, occupation,and gravida variables in pregnant women in the third trimester presented in the form of frequency distribution. Bivariate analysis for statistical test used SPSS 23.0 with a spearman rank (2-tailed) statistical test with a significant value (ρ value) of 0.05. If ρ value < 0.05 then Ha is accepted and Ho is rejected, if ρ value > 0.05 then Ha is rejected and Ho is accepted. Correlation coefficient interpretation guidelinevalues of 0.00 – 0.199 for very low, 0.20 – 0.399for low, 0.40 – 0.599 for moderate, 0.60 – 0.799for strong and 0.80 – 1,000 for very strong[7]. **Results**

From the results of this study, there are two supporting data, namely general data and specialdata. General data includes the age of pregnant women, education of pregnant women, employment of pregnant women, gravida of pregnant women and gestational age. Specific data include family motivation with haemoglobin control compliance in pregnant women in the third trimester.

A. General data

1. Age

Table 1. Age Frequency Distribution of Pregnant Women in the Third Trimester at Posyandu Tanggul Kulon

Age	*f* (%)
≤ 16 (Young)	0 (0,0%)
17 – 34 (Normal)	24 (80,0%)
≥ 35 (Old)	6 (20,0%)
Total	30 (100,0%)

Source: Primary Data

Based on table 1, the results of the age frequency data for pregnant women inthe third trimester shows that almost all

Based on table 2, the results of data on the frequency of education of pregnant women The third trimester shows that almost half of the mother's education There were 12 respondents (40.0%) pregnant in junior high school, 10 respondents in high school respondents (33.3%), SD there were 6

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respondents (20.0%) and a small number in There were 2 respondents (6.7%) with tertiary education.

3. Work

Table 3. Frequency Distribution of Workfor Pregnant Women in the ThirdTrimester at Posyandu Tanggul Kulon17 – 34 year olds are 24 respondent 80.0%) and a small number aged ≥ 35years were 6 respondents (20,0%).

Work	*f* (%)
Doesn't Work	24 (80,0%)
Work	6 (20,0%)
Total	30 (100,0%)

2. Education

Table 2. Frequency Distribution of Education for Pregnant Women in the Third Trimester at Posyandu Tanggul Kulon

Education	*f* (%)
SD	6 (20,0%)
SMP	12 (40,0%)
SMA	10 (33,3%)
PT	2 (6,7%)
Total	30 (100,0%)

Source: Primary Data

Based on table 3, the results of data on the frequency of work of pregnant women The third trimester shows that almost all pregnant women do not 24 respondents (80.0%) worked and a small number were pregnant women 2 respondents (6.7%) worked.

4. GravidaTable 4. Frequency Distribution of Gravida Pregnant Women in the Third Trimester at Posyandu Tanggul Kulon

Source: Primary Data

Based on table 4, the results of the parity frequency data for trimester pregnant women III shows that the majority ofpregnant women have gravida 19 respondents (63.3%) were multigravida and gravida pregnant women almost half of them were primipara as many as 11 respondents (36.7%).

B. Custom Data

1. Motivation of families of third trimester pregnant women at the Tanggul Kulon Posyandu

Table 5 Distribution of Respondents Based on Motivation of pregnant women's families III trimester at Posyandu Tanggul Kulon

Family Motivation	*F* (%)
Strong	27 (90.0%)
Currently	3 (10,0%)
Weak	0 (0,0%)
Total	30 (100,0%)

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Source: Primary Data

Based on table 6, the results of the questionnaire question frequency data The family motivation of pregnant women in the third trimester showed that almost all of them were in the strongcategory, there were 27 respondents (90.0%) and a small portion were in the medium category, there were 3 respondents (10.0%).

2. Compliance with hemoglobin examination control for third trimester pregnant women in Posyandu Tanggul Kulon

Table 6 Distribution of respondents based on inspection control compliance hemoglobin of third trimester pregnant women at Posyandu Tanggul Kulon

Compliance Of Pregnant Women	*f* (%)
Obedient	27 (90,0%)
Not Obey	3 (10,0%)
Total	30 (100,0%)

Source: Primary Data

Based on table 6, the results of frequencydata regarding control compliance hemoglobin examination of pregnant women in the third trimester as seen from the records The KIA book is found by almost all pregnant women who are obedient 27 respondents (90.0%) and a small number of pregnant women were disobedient 3 respondents (10.0%).

3. The relationship between family motivation and compliance with examination controls hemoglobin of third trimester pregnant women at Posyandu Tanggul Kulon

Table 7 Distribution of respondents based

Gravida	*f* (%)
Primigravida	11 (36,7 %)
Multigravida	19 (63,3 %)
Total	30 (100,0%)

on the relationship between family motivation and compliance control of hemoglobin examination of third trimester pregnant women in Posyandu Tanggul Kulon

Family Motivation	Obedience		Total	*ρvalue*	*r*
	Obedinet	Not Obey			
	f (%)	*f* (%)	*f* (%)		
Strong	27 (90,0 %)	0 (0,0 %)	27 (90,0 %)		
Currently	0 (0,0%)	3 (10,0 %)	3 (10,0 %)	0,003	0,524
Weak	0 (0,0%)	0 (0,0 %)	0 (0,0%)		
Total	27 (90,0 %)	3 (10,0 %)	30 (100,0 %)		

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Source: Primary Data

Based on table 7 using the Spearman rank statistical test The result obtained was a significance value or p value of 0.003 <0.05 which means Ha is accepted and Ho is rejected. This shows that There is a relationship between family motivation and control compliance emoglobin examination of pregnantwomen in the third trimester.

Discussion

Family Motivation of Pregnant Women in theThird Trimester

Based on the results of research that has been conducted related to family motivation, it can be seen that the motivation provided by families for pregnant women almost all show strong results. The results of the assessment through a questionnaire given to pregnant women were obtained as a result of strong family motivation, there were 27 respondents of pregnant women in the third trimester (90.0%). These results show that family motivation has provided a strong encouragement to pregnant women.

According to the theory that motivation is a person's personal circumstances that motivate them to do something to achieve a certain goal. Motivation is created not only in oneself but can be through the role of the family. Family motivation includes one of the roles of the family in providing positive energy to pregnant women to encourage or motivate pregnantwomen to take care of all their needs during pregnancy and family is the main source of advice for all these issues. Especially in pregnancy examinations that must be accompanied by laboratory examinations, one ofwhich is the examination of haemoglobin levels carried out in the first trimester and third trimester of pregnancy. Several theories have been put forward that motivation is influenced by two factors, namely internal and external factors. Age, gravida, education, and complianceare internal factors. External factors are something that exists outside of oneself which includes work and motivation[9].

According to the researcher, the form of family attitude regarding the motivation given to pregnant women, that the family has provided information about the importance of

conducting haemoglobin examinations carried out by pregnant women in the third trimester and the family has also given advice to pregnant women to control haemoglobin examinations in the third trimester of pregnancy. This is in accordance with the facts found from the results of statements that pregnant women convey regarding the encouragement or family motivation given to pregnant women. Strong family motivation can affect the health of pregnant women, so that the motivation formed from family participation can increase the confidence of pregnant women in maintaining the health of their pregnancy. The influence of the onset of support for a behavior or act on pregnant women can realize obedient behavior in conducting pregnancy examinations, one of which is a haemoglobin examination in the third trimester.Control for Pregnant Women in the Third Trimester

Based on the results of research that has been carried out related to the controlcompliance of haemoglobin examination for pregnant women in the third trimester which is monitored through the KIA book records owned by pregnant women, then looking at the results of the haemoglobin examination that has been filled out by health workers, the results were obtained that almost all of them complied with the haemoglobin examination, there were 27 respondents of pregnant women in the third trimester (90.0%). Obey if pregnant women have done haemoglobin checks in the third trimester.

Based on the theory, obedience comes from the word obedience, which means discipline and obedience. Compliance is a positive behavior to carry out the recommended recommendations. Compliance is also a description of a person to implement the rules recommended by health workers[10]. According to the factors that affect the compliance of pregnant women include age, education, work, gravida and motivation. The optimal or normal productive age according to KSPR (Rochjati Praise Score) is between the ages of 17 – 34 years. Age affects a person's way of thinking and pregnant women of productive age (17 – 34 years) can think more rationally than mothers with younger or older ages, so that pregnant women of productive age have compliance with conducting their pregnancy checks. Education level in general affects behavior. Higher education is an important factor to background and motivate pregnant women to carry out pregnancy checkups.

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However, it does not mean that pregnant women who have low education do not carry out pregnancy tests according to standart[6]. In terms of occupational factors, according to Green's theory, pregnant women who work with high activity and intensity prefer to prioritize their careers over their own health, making it difficult to comply with haemoglobin screening controls in the third trimester of pregnancy compared to housewives who have more free time to manage and schedule haemoglobin screening controls in the third trimester of pregnancy. The excessive number of pregnancies that a woman experiences is called gravida. When she is pregnant, a woman who has her first child will be more proactive than a woman who is pregnant with multiple children. This happens because first-time mothers are still unsure of what to do during pregnancy. In addition, pregnant women still do not understand the physiological changes they experience, so they regularly consult with health workers because they do not understand newthings about pregnancy. Unlike mothers who have many children, she has a tendency to believe that she already knows everything that needs to be done during pregnancy and she is also used to small complaints so she tends not toundergo laboratory tests. The next factor that affects compliance is motivation, and motivation is the attitude or behavior that encourages or supports others. Pregnant women's behavior will improve with increased motivation. Family and other interpersonal relationships can provide motivation. The family also plays a big role in encouraging or motivating the mother to have a haemoglobin screening[11].

According to the researcher, compliance that gets good results, in the sense that pregnant women are obedient to carry out haemoglobin checks in the third trimester. The results are in accordance with the KIA book record that pregnant women who have entered the third trimester have carried out haemoglobin examination control. Providing information about haemoglobin tests can increase the mother's knowledge in changing attitudes or actions in behavior. The knowledge obtained by pregnant women through the KIA book has also been absorbed well, therefore the KIA book is not only a source of knowledge that mothers canobtain but a tool to monitor the mother's condition during pregnancy. Pregnant women's compliance in conducting haemoglobin examinations is one of the

important factors for the success of a program in pregnant women's health.

The Relationship Between Family Motivation and Haemoglobin Examination Control Compliance in Pregnant Women in the ThirdTrimester

Based on the results of research that has been carried out, there is a relationship between family motivation and compliance with haemoglobin examination control for pregnant women in the third trimester. The results obtained from the statement about family motivation were found with strong categories of 27 respondents (90.0%), medium categories as many as 3 respondents (10.0%) and weak categories none. In the results of compliance, it was found that 27 respondents (90.0%) were compliant and 3 respondents (10.0%) were not compliant. Based on the results using thespearman rank statistical test, a significant value

or ρ value of 0.003 was obtained. It was concluded that ρ value 0.003 < α 0.05, then the hypothesis taken was that Ha was accepted and Ho was rejected, meaning that there was a relationship between family motivation and compliance with the control of haemoglobin examination for pregnant women in the third trimester at the Posyandu Tanggul Kulon. The correlation coefficient value was obtained at 0.524 with a moderate correlation level. According to the book proposed by Subandriyo (2020), it was found that the category of coefficient interval levels is between 0.400 – 0.599, so that the relationship in this study has a positive correlation direction (+) which means unidirectional. So the greater the motivation of the family, the greater the compliance of pregnant women in conducting haemoglobin examinations in the third trimester of[12].

Based on the theory, between family motivation and pregnant women's compliance, it is stated that strong motivation from the family will contribute to pregnant women's compliance, so family motivation is an important aspect in influencing pregnant women's compliance. Motivation is a form of encouragement that arises in a person to do an action with a certain goal. The participation and motivation of family members during pregnancy can provide positive energy for pregnant women and has been shownto increase their readiness to face pregnancy andthe delivery process. One of the factors that underlies a person's behavior is motivation, which is also one of the factors that affect a person's compliance with a

problem[13].

According to researchers from the results of the study, pregnant women aged 17 – 34 years with a normal age category have strong family motivation or good in the scope of their family and pregnant women are also compliant in haemoglobin examinations. Normal age affects the ability to think where pregnant women already have emotional maturity, can think rationally so that information can be absorbed properly. Good family motivation, pregnant women have obedient behavior and confidence to motivate themselves and can also provide information to the family so that thefamily can participate in providing motivation topregnant women to maintain the health of the mother and fetus. In this study, it was found thateducation is not too much an obstacle for pregnant women to comply with haemoglobin examinations. Low education such as elementary school graduates is not even an obstacle for pregnant women to not comply with

mandatory health rules. Knowledge is the main source of information reception for pregnant women so that the information absorbed by pregnant women can be channeled for family knowledge. The work of pregnant women is the influence of pregnant women in conducting pregnancy checks. Most of the pregnant women in this study do not work so that compliance with haemoglobin examination can be carried out according to the required rules and goodfamily motivation can also be well felt by pregnant women. The influence of the number of pregnancies on pregnant women is not a big influence for obedient mothers in this haemoglobin examination because knowledge is very influential in how pregnant women behave. Every examination carried out by pregnant women always gets knowledge from health workers so that the knowledge received can be conveyed to the family. The knowledge gained by the family can also provide encouragement or motivation to pregnant women to obey a series of examinations during pregnancy. Regarding the relationship between family motivation and compliance with haemoglobin test control compliance in pregnant women in the third trimester is a relationship that takes one of the factors related to pregnant women's compliance.

Pregnant women have a very close bond with their family, so they develop concern for other family members. Families encourage or motivate pregnant women to continue to have checkups during pregnancy because their

influence is very important for the mother's long-term health. The compliance obtained by pregnant women is a form of motivation given by the family so that the health of the mother in the pregnancy process can be monitored properly. The results of the haemoglobin examination of pregnant women in the third trimester in this study still use the rules of the 2022 KIA book because most pregnant women are still racing on the information in the 2022 KIA book. According to what happened in the field, the 2023 KIA book is still not fully socialized to pregnant women, so to conduct research using the latest rules is still not optimal to see the level of compliance of pregnant women.

Abbreviation

BBLR : Bayi Berat Lahir Rendah
BukuKIA : Buku Kesehatan Ibu dan Anak
G/dL : Gram per desiliter
Hb : Hemoglobin
Kemenkes RI : Kementerian Kesehatan Republik Indonesia
KIE : Educational Information Communication
KSPR : Kartu Skor Puji Rochjati
K1 : First Visit
K4 : Fourth Visit
Posyandu : Pos Pelayanan Terpadu
Riskesdas : Riset Kesehatan Dasar
WHO : *World Health Organization*

Ethical Approval

Ethical approval from the University Ethics Research Committee dr. Soebandi is number 66/KEPK/UDS/I/2024.

Welcome

Thank you to the Head of the Tanggul Health Center and Midwives of the Tanggul Kulon Region who have given permission to carry out research at the Tanggul Kulon Village Posyandu, to pregnant women in the third trimester who have been willing to become research respondents, as well as the supervisors who have assisted in this research.

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