

Consumption Behavior of Blood Supplement Tablets in Young Women at SMKN 6 Mambo, Palu City

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Abstract

Background: One of the health problems in Indonesia is anemia due to iron deficiency (Iron Nutrition Anemia), especially in adolescents which has not been completely resolved. One of the factors causing nutritional anemia is due to a lack of iron intake in the food consumed every day which is characterized by below normal hemoglobin (Hb) levels. This study aims to determine the behavior (knowledge, attitudes, subjective norms, and intentions) of consuming blood-supplemented tablets in young women at SMKN 6 Mambo, Palu City.

Materials and Methods: This research is qualitative through in-depth interviews on behavioral aspects (knowledge, attitudes, subjective norms, and intentions). There were 8 informants who came from young women, teachers, health center staff and Palu city health office staff.

Results: The results showed that female adolescents at SMKN 6 Mambo had sufficient knowledge (level 1), a positive attitude, good subjective norms (requiring encouragement from parents and teachers to increase motivation) and good intentions to consume iron tablets (requiring the availability of tablets and school program).

Conclusion: Teenage girls at SMKN 6 Palu have good behavior in taking iron tablets.

Key Word: Behavior, Iron Tablets, Young Women

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I. Introduction

In Indonesia, anemia due to iron deficiency (Iron Nutritional Anemia) is a nutritional problem in adolescents that has not been completely resolved. One of the factors causing nutritional anemia is due to a lack of iron intake in food consumed every day which is characterized by below normal hemoglobin (Hb) levels (Hardiansyah&Supariasah, 2017). Teenagers tend to suffer from anemia because teenagers experience menstruation every month, and this will be exacerbated if iron intake from daily food is low. Adolescents who experience iron nutritional anemia will easily get sick because of their low immune system so that their work productivity is low (Ministry of Health RI, 2014).

WHO gave recommendations at the 65th World Health Assembly (WHA) where they agreed on an action plan and overall targets for improving maternal, infant and child nutrition, with a commitment to reduce anemia rates to fifty percent (50%) of the anemia prevalence rate in WUS in 2025 (WHO (World Health Organization), 2016). Following up on the recommendations from WHO, the Indonesian government is implementing anemia prevention in young women and WUS by prioritizing the provision of Blood Supplement Tablets (TTD) through educational institutions (Ministry of Health RI, 2014).

RISKESDAS data results in 2018, it was found that the consumption of blood supplement tablets (TTD) in young women was 76.2%. Of the 76.2% figure, 80.9% received iron tablets at school (school children). From the figure of 80.9%, the consumption of iron tablets in young women ≥ 52 items only reached 1.4%, while < 52 items reached 98.6%. (BKKBN, 2017). This shows that there is still low awareness of young women to consume Blood Supplement Tablets (TTD) as an effort to prevent anemia (Ri, 2016)

In Central Sulawesi, according to Riskesdas data for 2018, the proportion of young women aged 10-19 who received Blood Supplement Tablets (TTD) was 79.5%. The young women who received the Blood Supplement Tablets received TTD at school of 76.2%. The proportion figure obtained and taken less than 52 tablets is 99.3% (Central Sulawesi Provincial Health Office, 2018). That means only 0.7% of students who get TTD spend as recommended, namely 52 items for 1 year.

The purpose of this study was to determine the behavior (knowledge, attitudes, subjective norms, and intentions) of female adolescents in consuming Blood Supplement Tablets at SMKN 6 Palu City in 2022.

II. Material And Methods

This research is qualitative through in-depth interviews on aspects of knowledge, attitudes, subjective norms and intentions as important variables that cause behavior (Suryabrata, 2014) (John W. Creswell, 2014). There were 8 informants: 4 young women from different majors, 2 mentor teachers, 1 person in charge of Nutrition at the Mambo Community Health Center and 1 person in charge of nutrition at the Health Office of Palu City. the research was carried out from May 2022 to October 2022, taking place at SMKN 6 Mambo in the working area of the Mambo Health Center, Palu City

III. Result

Characteristics of Informants

The characteristics of the informants are as follows:

Table 1. Frequency Distribution of Informants

Work	n	%
Students of SMKN 6 Mambo	4	50,0
Guidance Teacher at SMKN 6 Mambo	2	25,0
The person in charge of Nutrition at the Palu City Health Office	1	12,5
The person in charge of Nutrition at the Mambo Health Center	1	12,5
Total	8	100,0

Source: Primary Data, 2022

Knowledge about Consumption of Blood Supplement Tablets

The results of interviews with young women at SMKN 6 Mambo showed that their knowledge of Anemia was quite good, as well as Blood Supplement Tablets. They can even mention the brand of blood supplement tablets that are often in advertisements.

"Anemia is lack of blood, right..."

"The symptoms are tired, lethargic, sluggish, pale. That's what the ads say..."

"The medicine is a blood booster tablet. Like Sangobion..."

However, they do not have a good understanding of the impact of anemia on women's health, especially when they become pregnant (pregnant women) and the impact on the fetus they are carrying.

"The effects of anemia such as pale, tired, lethargic.... I don't know about the impact on the future of women."

This is confirmed by the Guidance Teacher of SMKN 6. Students at their school receive information from social media or from television advertisements, but they do not really understand the impact of anemia on pregnant women, fetuses and newborns.

Attitudes about Consumption of Blood Supplement Tablets

The results of interviews with young women at SMKN 6 Mambo showed that their attitude towards taking iron tablets was very positive. All informants strongly agreed to take iron tablets regularly. Even though they don't have enough knowledge about the minimum amount of iron tablets consumed, their frequency and long-term benefits. However, they have a positive attitude towards the consumption of iron tablets.

"Yeah... agreed. Especially if the school routinely distributes them to students..."

"It would be nice if there was a tablet distribution program every Monday during the ceremony... it would be crowded..."

The results of interviews with the person in charge of Nutrition at the Community Health Center and the Health Service showed the same opinion. They agreed to make consumption of iron tablets for young women a routine program every Monday. If this is done simultaneously, supported by the school teacher, then the attitude of students who were negative can change positively.

"Definitely agree if it is made a routine activity every Monday. After the ceremony, the teachers distributed iron tablets. If necessary, drink immediately at the same time. So it becomes a fun activity, but has a positive impact on the health of young women"

Subjective Norms regarding Consumption of Blood Supplementary Tablets

The results of interviews with students at SMKN 6 Mambo showed that their beliefs and motivations in taking iron tablets depended on who invited them.

"I want to take tablets if required by the teacher. It's a school program, so it must be supported. After all, it's for our own good."

“Would you like it, let alone become a school program...”

Some students said about the importance of the role of parents.

“Depends on the parents... if they suggest, we have to obey...”

This was confirmed by the person in charge of nutrition at the Health Office, the health center and the guidance teacher at SMKN 6. That high school students are still easily invited to take new actions, because they are still obedient to their parents at home and teachers at school.

Intentions regarding Consumption of Blood Supplement Tablets

The results of interviews with young women at SMKN 6 Mambo showed a positive intention to take iron tablets. To turn this into practice, support is needed from the Puskesmas and the Palu Health Office in providing blood-added tablets. This was justified by the supervisor of SMKN 6.

“I think it depends on the Puskesmas and the Health Office. Our students will be ready to follow further instructions. Because like I said before, for teenagers their age can still be arranged..”

“Yes, it really depends on the availability of the tablet. Because they are all ready to consume tablets, especially if you want to do it simultaneously. But is the tablet available...?”

IV. Discussion

Knowledge about Consumption of Blood Supplement Tablets

Knowledge is the result of human sensing or the result of knowing someone about an object through the senses they have (eyes, nose, ears and so on). By itself at the time of sensing so as to produce knowledge is strongly influenced by the intensity of attention and perception of objects (Notoatmodjo, 2010).

Measurement of knowledge can be done by interviews or questionnaires that ask about the content of the material to be measured in research subjects or respondents. The depth of knowledge that we want to know or measure can be adjusted to these levels (Magdalena, 2020).

The results of interviews with young women at SMKN 6 Mambo showed that their knowledge of Anemia was quite good, as well as Blood Supplement Tablets. They can even mention the brand of blood supplement tablets that are often in advertisements.

This is confirmed by the Guidance Teacher of SMKN 6. Students at their school receive information from social media or from television advertisements, but they do not really understand the impact of anemia on pregnant women, fetuses and newborns.

According to Notoatmodjo (Notoatmodjo, 2012), Knowledge included in the cognitive domain has six levels, namely, knowing, understanding, application, analysis, synthesis, and evaluation. The level of knowledge of students at SMKN 6 Mambo has only reached level 1 or they only know about Anemia and Blood Supplement Tablets. But they don't understand the link between the two and the long-term impact of Anemia. This has an effect on students' awareness of consistently consuming iron tablets.

Attitudes about Consumption of Blood Supplement Tablets

Attitudes actually show the suitability of reactions to certain stimuli which in everyday life are emotional reactions to stimuli. Attitude is a readiness or willingness to act and is not an implementation of certain motives (Goyena, 2019).

One aspect that is very important for understanding attitudes is the problem of disclosing or measuring attitudes. Attitude is an assessment response that can be negative or positive. This means that in attitude there is a feeling of liking or disliking something as an object of attitude (Gayatri, 2014).

The results of interviews with young women at SMKN 6 Mambo showed that their attitude towards taking iron tablets was very positive. All informants strongly agreed to take iron tablets regularly. Even though they don't have enough knowledge about the minimum amount of iron tablets consumed, their frequency and long-term benefits. However, they have a positive attitude towards the consumption of iron tablets.

Factors that influence the formation of attitudes are genetic and physiological factors. As stated that attitudes are learned, however, individuals carry certain characteristics that determine the direction of the development of this attitude (Goyena, 2019). On the other hand, these physiological factors play an important role in the formation of attitudes through physiological conditions. The social environment also contributes to a person's attitude. In adolescent groups, this environment is dominant, both the environment in the family, the school environment and the environment where they hang out (Ali, 2020).

The results of interviews with the person in charge of Nutrition at the Community Health Center and the Health Service showed the same opinion. They agreed to make consumption of iron tablets for young women a routine program every Monday. If this is done simultaneously, supported by the school teacher, then the attitude of students who were negative can change positively.

To be the basis for the formation of attitudes, personal experience must leave a strong impression because attitudes are easily formed when emotional factors are involved. In situations that involve emotion, the

appreciation of the experience will be deeper and more lasting. If there is no personal experience of the object, it tends to generate a negative attitude towards the object (Ahyani&Astuti, 2018).

Subjective Norms regarding Consumption of Blood Supplementary Tablets

Subjective Norm is a person's perception of an object or action to do or not to do the behavior. In this theory a person's behavior depends on intention, then the intention to behave depends on attitude and subjective norms. On the other hand, belief in behavior and evaluation will determine behavior. Normative beliefs and motivation to follow other people's opinions will determine subjective norms (Notoatmodjo, 2012).

Subjective norms are determined by the existence of normative beliefs and the desire to follow (motivation to comply) (Notoatmodjo, 2010). Subjective norms are influenced by the beliefs and motivations in which the other person is involved. Sufficient knowledge and experience of an action determines one's beliefs. At the individual level, we believe in a person or object based on what we know about that person or object (Ahyani&Astuti, 2018).

The results of interviews with students at SMKN 6 Mambo showed that their beliefs and motivations in taking iron tablets depended on who invited them.

In terms of consumption of blood supplement tablets, teacher support as part of the objective norms that are formed in students is very necessary for adherence to blood supplement consumption. Research conducted by Putri (Putri et al., 2017) found a relationship between teacher support and adherence to taking Blood Supplement Tablets ($p=0.000$). The results of a review of several studies can be concluded that the factors associated with the consumption of iron supplements in young women in Indonesia are teacher support ($OR=4.7$). young women (Izzani, 2018).

Some students said about the importance of the role of parents. This was confirmed by the person in charge of nutrition at the Health Office, the health center and the guidance teacher at SMKN 6. That high school students are still easily invited to take new actions, because they are still obedient to their parents at home and teachers at school.

The results of this study are also in line with research conducted by Putri (Putri et al., 2017) which stated that parental support plays an important role in female adolescent compliance in consuming Fe tablets. This support is needed to foster positive beliefs and perceptions of young women about the importance of consuming Fe Tablets to prevent Anemia. According to the results of Sudjatmiko's research (2019), subjective norms have a better significance value compared to self-efficacy. So that the subjective norm is the strongest determinant of an intention.

Intentions regarding Consumption of Blood Supplement Tablets

Intention is a cognitive representation of a person's readiness to perform a behavior/action. Intentions are explained into three determinants, namely attitudes (one's own opinion about behavior), subjective norms (other people's opinions about behavior), and perceived behavioral control. These three determinants can predict behavior/action, in this case work life (Notoatmodjo, 2012).

Based on the Theory of Reasoned Action (TRA), behavior is influenced by the intention to consume Fe tablets. Intentions (intentions) are influenced by attitudes, subjective norms and conscious behavioral control. Villis (2000) describes intention (intention) is setting a goal which is an estimate of behavior. Notoatmodjo (Notoatmodjo, 2012) explains that intention is a core construction in understanding actions or changes in behavior and their consistency. If someone's intention is good, then the resulting action will be good. Conversely, if someone's intention is bad, the resulting action will also be bad.

The results of interviews with young women at SMKN 6 Mambo showed a positive intention to take iron tablets. To turn this into practice, support is needed from the Puskesmas and the Palu Health Office in providing blood-added tablets. This was justified by the supervisor of SMKN 6.

The theory put forward by Fishbein & Ajzen, 1975 (Theory of Reasoned Action) illustrates that the behavioral components are in operational items. Behavior is directly observed and is under one's control, where the target behavior must be selected and clearly identified. By paying attention to differences in the variables of knowledge, attitudes, subjective norms and target intentions, it can be estimated whether there is a change in behavior. But this is not enough. In terms of consumption of blood-supplement tablets, it is necessary to add the availability of tablets for consumption by young women.

V. Conclusion

Adolescent girls at SMKN 6 Mambo, Palu, have sufficient knowledge about iron tablets (at the tofu level), but they do not understand the long-term benefits of consuming these tablets. They also have a positive attitude, good subjective norms and have the intention to take iron tablets. The role of parents and teachers in schools is needed to increase their confidence and motivation, as well as the role of the Community Health Center and the Health Office in providing iron tablets.

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