

Factors Influencing Post Partum Mothers In Consuming Vitamin A at Mekarsari District Health Center Barito Kuala

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ABSTRACT

Postpartum mothers who get enough vitamin A will increase the content of vitamin A in the babies they breastfeed, so that babies who are breastfed are more immune to disease. Postpartum mothers must take 2 capsules of Vitamin A because babies born have low reserves of Vitamin A. Giving 1 capsule of Vitamin A as much as 200,000 IU/day to postpartum mothers to increase milk production for 60 days, while giving 2 capsules can increase the content of Vitamin A until the baby is 6 months old. The purpose of this study was to determine the factors that influence post partum mothers in consuming vitamin A at the Mekarsari Health Center, Barito Kuala Regency. The population in this study were 30 people with total sampling. The results of the univariate analysis of 30 respondents who consumed vitamin A were 21 respondents (70%), tertiary education were 22 respondents (73.3%), good knowledge were 21 respondents (70%), and positive attitudes were 22 respondents (73, 3%). Bivariate analysis has a relationship between education (0.003), knowledge (0.008) and attitude (0.032) with adherence of postpartum mothers to consuming vitamin A. It is expected that giving vitamin A to postpartum mothers by midwives needs to carry out socialization, supervision and periodic evaluation

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1. INTRODUCTION

WHO (World Health Organization) has classified vitamin A deficiency as a public health problem affecting around a third of postpartum women in 2018, with the highest rates in sub-Saharan Africa 48% and South 44%. The coverage of Vitamin A administration for postpartum women in Indonesia is still relatively low, namely 80%, it should have reached 100%, although there has been a tendency for coverage to increase over the last 3 (three) years. Efforts are still needed to increase this coverage, including through increasing the integration of postpartum maternal health services, sweeping in areas with low coverage and campaigns for giving Vitamin A capsules (Ministry of Health RI, 2019).

Vitamin A has an important role for body functions, namely the function of vision, immunity, development and growth of the embryo. Vitamin A provides many benefits for postpartum mothers, namely increasing the production of breast milk (ASI). Strengthening immunity in infants so that they are vulnerable to infectious diseases, recovery of mother's health will be faster. Postpartum mothers must drink 2 capsules of Vitamin A because babies born have low reserves of Vitamin A, so the baby's need for Vitamin A is very high for growth and development.

increased endurance. Giving 1 capsule of Vitamin A as much as 200,000 IU/day to postpartum mothers to increase milk production for 60 days, while giving 2 capsules can increase the content of Vitamin A until the baby is 6 months old (Ministry of Health RI, 2018).

Many factors can cause postpartum mothers to regularly consume vitamin A, such as health education regularly conducted by midwives for postpartum mothers who are able to make them aware of the importance of consuming vitamin A. This awareness causes postpartum mothers to always consume vitamin A, either through supplement intake or nutritional intake. The second is family support and the postpartum mother's environment (Astutik, 2014).

Midwives as health workers should always provide routine health education to postpartum mothers about the importance of vitamin A intake during the postpartum period. Health education that can be done by midwives such as counseling when mothers do ANC or home visits. The postpartum

period is an important thing to pay attention to in order to reduce maternal and infant mortality in Indonesia. Sixty percent (60%) of maternal deaths occur after delivery, and 50% of maternal deaths during the postpartum period occur within the first 24 hours. Likewise, the neonatal period is also a crisis period for the baby's life. Two-thirds of infant deaths occur 4 weeks after delivery, and 60% of newborn deaths occur 7 days after birth. Coverage of high-dose vitamin A capsules can be achieved if all levels of health and related sectors can carry out their respective roles properly. Giving vitamin A capsules to postpartum mothers is carried out by Puskesmas officers and village midwives. This provision can be done during delivery assistance or home visits (Depkes RI, 2015).

Family support is a process that occurs continuously throughout human life. Family support refers to social supports that are viewed by family members as accessible to the family (supportive family members are always ready to provide assistance). Family support can be in the form of internal family support such as husband or wife support or support from siblings and can also be in the form of external family support obtained from friends, friends and neighbors for the nuclear family (Friedman, Merelyn M, 2010).

In addition, knowledge, level of education and community attitudes towards health, traditions and beliefs of the community on matters related to health, value systems adopted by the community, socioeconomic level and so on are also predisposing factors in influencing postpartum mothers to consume Vitamin A. enablers include the availability of facilities and infrastructure or health facilities for the community. While the reinforcing factors include the attitudes and behavior of community leaders (Toma), religious leaders (Toga), attitudes and behavior of officers including health workers (Notoatmodjo, 2010).

Deficiency of vitamin A during the puerperium is closely related to the incidence of anemia in breastfeeding mothers, underweight, malnutrition, increased risk of infection and reproductive diseases, and reduce maternal survival for up to two years after giving birth. Postpartum mothers who get enough vitamin A will increase the content of vitamin A in the babies they breastfeed, so that babies who are breastfed are more immune to disease besides maintaining maternal health where the mother's health recovers more quickly during the postpartum period (Naibaho, 2011).

Based on Indonesia's health profile (2018), the coverage of giving vitamin A to postpartum mothers is 53% of all postpartum mothers 30 days postpartum. Based on Indonesia's health profile in 2019, the coverage of giving vitamin A to postpartum women was 69.57% and the coverage of giving vitamin A to postpartum women in 2020 was 80.92%. Meanwhile, the coverage of postpartum women who received Vitamin A in Barito Kuala Regency in 2020 has increased by 88% compared to the previous year. Furthermore, the results of a preliminary study conducted by researchers on 18 post partum mothers found that 11 people (61.13%) did not consume Vitamin A postpartum while the remaining 7 people (38.87%) consumed Vitamin A. Based on the description above,

2. METHODS

StudyThis is a descriptive study using a quantitative research design. The population in this study were all post partum mothers who came to the Mekarsari Health Center, Barito Kuala Regency in November - December 2022, a total of 30 postpartum mothers. Samplestudyis the entire population, so the sampling technique for this research is total sampling. The data used in this study were primary data obtained through research questionnaires while secondary data were obtained from the Mekarsari Health Center (Arikunto, 2013).

3. RESULTS AND DSICUSSION

Univariate analysis

The following are the results of the research presented in tabular form:

Table1. Frequency Distribution of Respondents based on Compliance of Postpartum Mothers in Consuming Vitamin A at the Mekarsari Health Center, Barito Kuala Regency

Variable	F	%
Obedience		
obey	21	70.00

Not obey	9	30.00
Amount	30	100

Based on Table 1 shows that out of 30 respondents who consumed vitamin A, 21 respondents (70.00%), while 9 respondents (30.00%) did not consume vitamin A.

Table 2. Frequency Distribution of Respondents based on Education of Postpartum Mothers at the Mekarsari Health Center, Barito Kuala Regency

Variable	F	%
Education		
Tall	22	73.30
Low	8	26,70
Amount	30	100

Based on Table 2 shows that of the 30 highly educated respondents, 22 respondents (73.30%), while respondents with low education were 8 respondents (26.70%).

Table 3. Frequency Distribution of Respondents based on Knowledge of Postpartum Mothers about Vitamin A at the Mekarsari Health Center, Barito Kuala Regency

Variable	F	%
Knowledge		
Good	21	70.00
Not enough	9	30.00
Amount	30	100

Based on Table 3 shows that of the 30 respondents who have good knowledge, 21 respondents (70.00%), while respondents with low education were 9 respondents (30.00%).

Table 4. Frequency Distribution of Respondents based on the Attitudes of Postpartum Mothers at the Mekarsari Health Center, Barito Kuala Regency

Variable	F	%
Attitude		
Positive	22	73.30
Negative	8	26,70
Amount	30	100

Based on Table 4 shows that of the 30 respondents who had a positive attitude, 22 respondents (73.30%), while respondents with low education were 8 respondents (26.70%).

Bivariate Analysis

Table 5. Relationship between Independent Variables and Dependent Variables

No	Independent Variable	Compliance of Postpartum Mothers in Consuming Vitamin A				Total		P Value
		Yes		No				
		n	%	n	%	N	%	
1	Education							0.003
	Tall	19	86.4	3	13,6	22	100	
	Low	2	25	6	75	8	100	
2	Knowledge							0.008
	Good	18	85.7	3	14,3	21	100	
	Not enough	3	33,3	6	66,7	9	100	
3	Attitude							

Positive	18	81.8	4	18,2	22	100	0.032
Negative	3	37.5	5	62.5	8	100	

Discussion

Based on table 5 the results of the analysis of the relationship between education and the adherence of postpartum women to consuming vitamin A, it was found that out of 22 respondents with higher education, 19 respondents (86.4%) consumed vitamin A, while 3 respondents (13.6%) did not consume vitamin A. Of the 8 respondents with low education, 2 respondents (25%) consumed vitamin A, while 6 respondents (75%) did not consume vitamin A. The results of the Chi-Square statistical test obtained a p value of $0.003 \leq 0.05$, which means that there is a significant relationship between education and postpartum women in consuming vitamin A.

This research is in line with research conducted by Camelia (2019) entitled Behavior of Postpartum Mothers in Consuming Vitamin A Capsules in Kotapinang District, Labuhan Batu Selatan Regency, showing that highly educated respondents consume vitamin A and this is evidenced by the results of the chi square test obtained p value = 0.000 ($P < 0.05$).

Education is an effort of persuasion or learning to the community so that people are willing to take actions (practices) to maintain or overcome problems and improve their health. Changes or actions to maintain and improve health are produced by health education, this is based on knowledge and awareness through the learning process (Notoatmodjo, 2014).

The higher a person's education, the easier it is for a person to receive information, with a higher education, a person will tend to get information, both from other people and from mass media. The more information that comes in, the more knowledge one gets about health (Anwar, 2017).

The results of the analysis of the relationship between knowledge and adherence of postpartum mothers in consuming vitamin A showed that out of 21 respondents with good knowledge, 18 respondents (60%) consumed vitamin A, while 3 respondents (14.3%) did not consume vitamin A. While of the 9 respondents with less knowledge who consumed vitamin A as many as 3 respondents (33.3%), while respondents who did not consume vitamin A were 6 respondents (66.7%). The results of the Chi-Square statistical test obtained a p value of $0.008 \leq 0.05$, which means that there is a significant relationship between the knowledge of postpartum mothers in consuming Vitamin A.

This research is in line with research conducted by Camelia (2019) entitled Behavior of Postpartum Mothers in Consuming Vitamin A Capsules in Kotapinang District, Labuhan Batu Selatan Regency which shows that mothers with good knowledge will consume vitamin A capsules, this is in accordance with the results of the Chi statistical test. Square at $\alpha = 0.05$ obtained a p-value of 0.002, thus showing that there is a significant relationship between knowledge of postpartum mothers and consumption of vitamin A capsules.

According to Notoatmodjo (2012) knowledge is the result of knowing and this occurs after people sense a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Most of the knowledge is acquired through education, personal and other people's experiences, mass media, and the environment. Knowledge or cognitive is a very important domain for the formation of one's actions.

The results of the analysis of the relationship between attitude and adherence of postpartum mothers to consuming vitamin A showed that out of 22 respondents, 18 respondents (81.8%) had positive attitudes towards consuming vitamin A, while 4 respondents (18.2%) did not consume vitamin A. Respondents with a negative attitude were 8 respondents who consumed vitamin A as many as 3 respondents (37.5%), while those who did not consume vitamin A capsules were 5 respondents (62.5%). The results of the Chi-Square statistical test obtained a p value of $0.032 \leq 0.05$, which means that there is a significant relationship between the attitude of postpartum mothers in consuming Vitamin A.

This research is in line with research conducted by Septiani (2018) entitled Factors Associated with Giving Vitamin A to Postpartum Mothers at the Rakit Kulim Health Center, Rakit Kulim District, Indragiri Hulu Regency, as evidenced by the chi square test results obtained a P value of 0.028 (< 0.05) which means that there is a significant relationship between the attitude of postpartum

mothers and the consumption of vitamin A at the Rakit Kulim Community Health Center, Rakit Kulim District, Indragiri Hulu Regency.

Attitude is a person's closed response to a stimulus or object, both internal and external, so that its manifestations cannot be seen immediately, but can only be interpreted in advance from the closed behavior. Attitude in reality shows the suitability of the response to a particular stimulus. (Notoatmojo, 2014).

4. CONCLUSION

Based on From the results of the study, it can be concluded that most respondents are highly educated, have good knowledge, are positive and obedient in consuming Vitamin A and have a significant relationship.

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