


The Effect Of Fe Tablet Consumption Education On Pregnant Women's Compliance In Consuming Fe Tablets

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| Article Info | ABSTRACT |
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| <p>Keywords: Education, Compliance, Fe Tablets</p> | <p>Based on 2023 data, the achievement of Fe tablet distribution in North Lampung Regency was 84.08%, with data showing that Fe tablet consumption at Kotabumi I Health Center indicates 26.7% of mothers still experiencing anemia. There are many programs that can be provided to improve pregnant women's compliance when consuming Fe tablets to avoid anemia. One of them is by providing education to pregnant women which aims to increase pregnant women's knowledge. The research objective was to determine the effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets in the Kotabumi 1 Health Center Area, North Lampung Regency. This research type is quantitative with a Quasi-experimental research design with a Posttest-Only With Control Group Design approach. The population in this study was all pregnant women in trimester I - III, totaling 55 pregnant women with a sample of 38 respondents divided into 2 groups: 19 experimental group and 19 control group, using purposive sampling technique. The research was conducted in the Kotabumi 1 Health Center Area, North Lampung Regency in September 2024. Data collection used Observation sheets. Analysis was done univariately and bivariately (mann whitney test). The research results showed that the average compliance of pregnant women in consuming Fe tablets in the experimental group who received education and leaflets was 98.7%. While the average compliance of pregnant women in the control group who were only given education was 76.6%. There is an effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets in the Kotabumi 1 Health Center Area, North Lampung Regency (p-value = 0.000). Suggestion for health workers is to frequently provide information and motivation to pregnant women about Fe tablets.</p> |
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INTRODUCTION

Anemia is a condition where the mass of erythrocytes and/or circulating Hb mass cannot fulfill its function to provide oxygen for body tissues. A decrease in Hb can cause lethargy, fatigue, palpitations, tachycardia, shortness of breath, and angina pectoris (Bakta, 2019). During pregnancy, if anemia occurs, it will cause various impacts on pregnant women, including

abortion, premature labor, impaired fetal growth in the womb, and susceptibility to infectious diseases (Manuaba, 2016). Deaths caused by anemia in pregnant women account for 40% in developing countries, caused by iron deficiency and acute bleeding, with both factors interacting (Wahyuni, 2023). Anemia is considered to have public health significance or become a problem if the prevalence of anemia is 5.0% or higher. An anemia prevalence of $\geq 40\%$ in a population is classified as a severe public health problem (Stephen, 2018).

Global data shows that 56% of pregnant women in low and middle-income countries suffer from anemia. The highest prevalence of anemia among pregnant women is in Sub-Saharan Africa (SSA) (57%), followed by pregnant women in Southeast Asia (48%), and the lowest prevalence (24.1%) is found among pregnant women in South America (Stephan, 2018). According to WHO (2019), the prevalence of anemia in pregnant women in Indonesia in 2015 was 40.5% and in 2016 was 42%.

The prevalence of anemia in pregnant women in Indonesia is 48.9%, which according to WHO indicators (2023) is categorized as a severe Public Health Problem ($\geq 40.0\%$) (Ministry of Health RI, 2023). The incidence of anemia in Lampung Province was 8,775 (5.48%) pregnant women experiencing anemia out of 160,016 pregnant women, which according to WHO indicators is categorized as a mild Public Health Problem (5.0 - 19.9%) (WHO, 2023).

Meanwhile, the coverage of Fe tablet distribution to pregnant women in Indonesia is 86.2%, highest in Bali at 91.7% and lowest in West Papua at 18.4%, while Lampung is at 90.4% (Ministry of Health RI, 2023). The percentage distribution of pregnant women receiving 90 Fe tablets per District/City in Lampung Province in 2022 showed the highest achievement in the Bandar Lampung area with 100.0%, South Lampung 98.20%, and Fe distribution areas still below target were found in North Lampung area 85.7% (Ministry of Health RI, 2023). Based on 2023 data, it is known that Fe tablet distribution achievement in Pesawaran District is 96.86% and in North Lampung District is 84.08% (Health Office, 2024). Based on the data, it appears that the consumption of Fe tablets (90 tablets) in North Lampung District has not reached the provincial average and it is known that at Kotabumi I Health Center, 26.7% of mothers still experience anemia, which according to WHO indicators is categorized as a Moderate Public Health Problem (WHO, 2023).

Data on pregnant women visiting Kotabumi I Health Center in 2022 numbered 771 pregnant women with 246 (31.9%) pregnant women with anemia. In 2023, the number of pregnant women visits was 763 with 233 (30.5%) cases of anemia. Meanwhile, the achievement of Fe tablet distribution at Kotabumi I Health Center was 85.8%. There is a gap between K4 and pregnant women receiving a minimum of 90 blood supplement tablets. Pregnant women receiving blood supplement tablets is lower (91.77%) compared to ANC 4x (93.01%). Additionally, it's important to ensure blood supplement tablets are consumed by pregnant women to minimize bleeding in pregnant and laboring women, which is the most common cause of maternal death in Lampung Province at 36% (Kotabumi I Health Center, 2024). The government has provided free pregnancy check-up facilities and Fe tablets, but anemia cases remain very high.

This coverage is possibly due to irregular consumption of blood supplement tablets given to pregnant women. Non-compliance in consuming Fe tablets can provide a greater chance of developing anemia, which can risk abortion, premature labor, prolonged labor, postpartum hemorrhage, infection, shock, and even death (Prawirohardjo, 2020). Anemia in pregnancy can be prevented by giving Fe tablets or often called Fe tablets, but this Fe supplementation is not consumed by pregnant women regularly as recommended, which is to be consumed daily (Juwita, 2023).

Fe tablet supplementation is considered one of the most suitable ways for pregnant women to increase Hb levels to the desired stage, as it is very effective where one tablet in Indonesia contains 60 mg Fe and 0.25 folic acid. Each tablet is equivalent to 200 mg Ferrosulfate. Providing Fe supplements, namely giving 60 mg/day preparation can increase hemoglobin levels by 1 g%/month (Putri, 2019).

Oral Fe tablet administration can cause gastrointestinal side effects in some people, such as epigastric discomfort, nausea, vomiting, and diarrhea (Susiloningtyas, 2023). Pregnant women are advised to consume a minimum of 90 tablets during pregnancy. However, until now there has been no specific policy from the government regarding efforts to minimize the side effects of Fe tablet consumption. Out of 10 pregnant women, 7 (70%) experience constipation, while the remaining 3 (30%) do not experience constipation after consuming Fe tablets (Hayati, 2020). Side effects after consuming Fe tablets experienced by some pregnant women have long been believed to be one of the main factors causing low maternal compliance (Hardiyanti, 2018).

Compliance in consuming Fe tablets is measured by the accuracy of the number of tablets consumed, the accuracy of how to consume Fe tablets, and frequency of consumption per day. Many factors influence maternal compliance in consuming Fe tablets, including counseling from health workers, family support, and pregnant women's knowledge regarding Fe tablets (Astapani, 2020). Mothers' knowledge about Fe tablets will lead to a positive attitude towards compliance by consuming Fe tablets. Without knowledge about Fe tablets, it is difficult for mothers to instill habits of using Fe source foods that are important for pregnant women's health; lack of knowledge is often considered an important factor in Fe deficiency problems. This can occur because people are unable to apply information about Fe tablets in daily life (Anggraeni and Muchtar, 2021).

There are many programs that can be provided to increase pregnant women's compliance when consuming Fe tablets to avoid anemia. Education has a role in increasing one's knowledge. A person's knowledge of something has different intensities or levels, starting from when the person becomes aware of an object so they are able to recall memories they had previously after making observations about something (Eka Yanthi, 2020). One way is to provide health promotion to pregnant women through health education media. Health education media are all means or efforts to facilitate the delivery and reception of messages or information from communicators, whether through print, electronic, visual media, and outdoor media. Targets can increase their knowledge so they can change positive health behaviors (Susanti, 2020).

In line with research conducted by Amalia (2021), it shows that pregnant women's compliance in Fe tablet consumption is influenced by knowledge factors, among others. Similarly, research conducted by Muhani (2021) found that pregnant women's knowledge about Fe tablets is related to compliance with Fe tablet consumption in pregnant women. Harahap's research (2021) shows there is an effect of education about Fe tablet consumption on pregnant women's compliance in consuming Fe tablets during pregnancy at Batunadua Health Center in 2021, with research results showing a p-value = 0.000 ($p < 0.05$).

Based on the preliminary study survey conducted on June 3-5, 2024, at the research site of 5 pregnant women, 3 (60%) mothers experienced anemia with Hb levels below 11 g/dl, and from unstructured interviews, it was known that 4 (80%) mothers did not consume blood supplement tablets according to the advice given by health workers to be consumed daily, because they sometimes forget with no one reminding them, mothers do not know the impact if they experience anemia so they do not consider that Fe tablet consumption has benefits for both themselves and their fetus. Health workers have made efforts to increase compliance with Fe tablet consumption such as explaining during examinations, but these efforts have not been maximal because there are still many mothers who do not consume Fe tablets as recommended.

Based on the above data, researchers are interested in studying the Effect of Fe Tablet Consumption Education on Pregnant Women's Compliance in Consuming Fe Tablets in the Kotabumi 1 Health Center Area, North Lampung District.

METHODS

This type of research is quantitative using a quasi-experimental design with a posttest-only with control group design approach. The population in this study was all pregnant women in trimester I - III in the Kotabumi 1 Health Center Area, North Lampung District, with a total of 55 pregnant women. The number of research samples was 38, with details of 19 pregnant women in the intervention group and 19 pregnant women in the control group. The research instrument used a questionnaire. Bivariate analysis in the study used the Mann Whitney test.

RESULTS AND DISCUSSION

Table 1 Respondent Characteristics

| Variable | Category | Intervention | | Control | |
|-----------|------------------------------------|--------------|------|---------|------|
| | | Total | % | Total | % |
| Age | < 20 years | 0 | 0.0 | 0 | 0.0 |
| | 20-35 years | 16 | 84.2 | 14 | 73.7 |
| | >35 years | 3 | 15.8 | 5 | 26.3 |
| Parity | Primipara | 8 | 42.1 | 3 | 15.8 |
| | Multipara | 9 | 47.4 | 16 | 84.2 |
| | Grandemultipara | 2 | 10.5 | 0 | 0.0 |
| Education | Basic (Elementary-Junior High) | 5 | 26.3 | 7 | 36.8 |
| | Secondary (High School/Vocational) | 11 | 57.9 | 11 | 57.9 |
| | Higher (D3-Bachelor) | 3 | 15.8 | 1 | 5.3 |

| Variable | Category | Intervention | | Control | |
|------------|------------------------|--------------|-------|---------|-------|
| | | Total | % | Total | % |
| Occupation | Employed | 0 | 0.0 | 1 | 5.3 |
| | Unemployed (Housewife) | 19 | 100.0 | 18 | 94.7 |
| Total | | 19 | 100.0 | 19 | 100.0 |

Based on table 1, it can be seen that in the intervention group, most mothers were aged 20-35 years at 84.2%, some respondents with multipara parity were 47.4%, some respondents with secondary education (High School/Vocational) were 57.9%, and overall or 100% were housewives not working outside the home. In the control group, most mothers were aged 20-35 years at 73.7%, some respondents with multipara parity were 84.2%, some respondents with multipara parity secondary education (High School/Vocational) were 57.9%, and 94.7% were housewives not working outside the home.

Table 2 Average compliance of pregnant women in consuming Fe tablets in the experimental group given leaflet education in Kotabumi 1 Health Center Area

| Pregnant women's compliance | Mean | SD | Min | Max | N |
|-----------------------------|------|------|------|-----|----|
| Experimental group | 98,7 | 2.28 | 93.3 | 100 | 19 |

Based on table 2, it can be seen that the average compliance of pregnant women in consuming Fe tablets in the experimental group given leaflet education was 98.7 with a standard deviation value of 2.28, minimum value of 93.3 and maximum value of 100, and it was known that all mothers or 19 (100%) respondents in the experimental group were compliant in Fe tablet consumption.

Table 3 Average compliance of pregnant women in consuming Fe tablets in the control group given verbal education in Kotabumi 1 Health Center Area

| Pregnant women's compliance | Mean | SD | Min | Max | N |
|-----------------------------|------|------|------|-------|----|
| Control group | 76,6 | 13,0 | 50,0 | 100,0 | 19 |

Based on table 3, it can be seen that the average compliance of pregnant women in consuming Fe tablets in the control group given verbal education was 76.6 with a standard deviation value of 13.0, minimum value of 50.0 and maximum value of 100.0, and it was known that 2 (10.5%) mothers were compliant in Fe tablet consumption and 17 (89.5%) mothers were non-compliant in Fe tablet consumption.

Table 4 Effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets in Kotabumi 1 Health Center Area

| Pregnant women's compliance | Mean | Mean Difference | P- Value |
|-----------------------------|------|-----------------|----------|
| Experimental Group | 98,7 | 22,1 | 0,000 |
| Control Group | 76,6 | | |

Based on table 4, it can be seen that using the Mann Whitney Test, the statistical test results showed p-value = 0.000 (p-value < α = 0.05) which means there is an effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets in Kotabumi 1 Health Center Area, North Lampung District.

Discussion

Average compliance of pregnant women in consuming Fe tablets in the experimental group given leaflet education

Based on research results, the average compliance of pregnant women in consuming Fe tablets in the experimental group given leaflet education was 98.7 with a standard deviation of 2.28, minimum value of 93.3 and maximum value of 100. It was found that all mothers or 19 (100%) respondents in the experimental group were compliant in Fe tablet consumption. This aligns with Harahap's (2021) research showing that out of 30 respondents who were non-compliant in consuming Fe tablets, after education about consuming Fe tablets for 6 days, 5 people (16.7%) remained non-compliant and 25 people (83.3%) became compliant. Wahyuni's research (2022) showed that pregnant women were non-compliant (73.0%). Asmin's research (2021) showed that those who were compliant in consuming Fe tablets were 21.8%.

Compliance in consuming Fe tablets is measured by the accuracy of the number of tablets consumed, accuracy in how to consume Fe tablets, and frequency of consumption per day. Many factors influence maternal compliance in consuming Fe tablets, including counseling from health workers, family support, and pregnant women's knowledge regarding Fe tablets (Astapani, 2020).

There are many programs that can be provided to increase pregnant women's compliance when consuming Fe tablets to avoid anemia. Education has a role in increasing one's knowledge. A person's knowledge of something has different intensities or levels, starting from when the person becomes aware of an object so they are able to recall memories they had previously after making observations about something (Eka Yanthi, 2020). One way is to provide health promotion to pregnant women through health education media. Health education media are all means or efforts to facilitate the delivery and reception of messages or information from communicators, whether through print, electronic, visual media, and outdoor media. Targets can increase their knowledge so they can change positive health behaviors (Susanti, 2020). The use of leaflets as educational media provides flexibility for pregnant women to read and recall information at any time. Thus, leaflets not only become tools for conveying medical facts but also for refuting myths that may be barriers for pregnant women in consuming Fe tablets. Effective education, coupled with a friendly approach, plays a major role in increasing pregnant women's compliance with Fe tablet consumption recommendations (Sari et al., 2023).

Based on research results, the average compliance of pregnant women in consuming Fe tablets in the experimental group given leaflet education was 98.7 with minimum value 93.3 and maximum value 100. It was found that all mothers or 19 (100%) respondents in the experimental group were compliant in Fe tablet consumption. The compliance that occurred in pregnant women consuming Fe tablets after being given education using leaflets as educational material can increase pregnant women's understanding about the importance of Fe tablets to prevent anemia, support fetal growth, and maintain maternal health. The leaflets used had easily understood language, attractive images, and concise information, making it easier for pregnant women to absorb information. Additionally during the research,

researchers reminded respondents to read the distributed leaflets so they could be truly understood by respondents and reminded them to read at home in their spare time so mothers understood the negative impacts that could arise from anemia and understood why they should consume Fe tablets regularly as recommended during pregnancy.

Evaluation in this research was very important to ensure that information provided through leaflets was truly understood by pregnant women. Evaluation was not only done during visits but also through questions asked to pregnant women about leaflet contents. This helped researchers know the extent of mothers' understanding of the delivered material. Providing information through easily understood, attractive, and concise leaflets is a good first step. However, more importantly is ensuring that pregnant women truly understand the information. Therefore, theoretical and practical evaluation needs to be done to determine mothers' level of understanding. One effective way is by giving questions related to information in the leaflets, and giving small rewards as appreciation if mothers can answer correctly during visits. For mothers to truly understand the importance of consuming Fe tablets regularly, researchers emphasized the importance of reading leaflets in spare time, such as when at home. Researchers provided reminders to read and understand the information, and motivated mothers to share what they learned at the next visit.

The use of leaflets as educational media provides flexibility for pregnant women to read and recall information at any time. Thus, leaflets not only become tools for conveying medical facts but also for refuting myths that may be barriers for pregnant women in consuming Fe tablets. Effective education, coupled with a friendly approach, plays a major role in increasing pregnant women's compliance with Fe tablet consumption recommendations (Sari et al., 2023). Furthermore, this education increases pregnant women's awareness of Fe tablet benefits in preventing pregnancy complications, such as premature birth or low birth weight babies. Researchers emphasized that information provided must be followed up with actions, such as reminding pregnant women to share what they have learned at the next visit. This way, education is not only one-way but also interactive, so pregnant women feel more involved in maintaining their health and their fetus's health.

With education, pregnant women are more aware of Fe tablet consumption benefits, including preventing pregnancy complications such as premature birth or low birth weight babies. Educational leaflets have explained medical facts and refuted myths, thus reducing pregnant women's fears or doubts about Fe tablet consumption. Good education can motivate pregnant women to care more about their health and their fetus, and increase their compliance with medical recommendations. Additionally, distributed leaflets can be read anytime, providing flexible information access for pregnant women to recall Fe tablet benefits. According to researchers, effective education, coupled with a friendly approach, plays a major role in increasing pregnant women's compliance with Fe tablet consumption recommendations. In conclusion, education using leaflets proves effective in increasing pregnant women's understanding and compliance with Fe tablet consumption. The combination of attractive leaflet design, clear information, friendly approach, and continuous evaluation becomes the key to this strategy's success.

Average compliance of pregnant women in consuming Fe tablets in the control group given verbal education

Based on research results, the average compliance of pregnant women in consuming Fe tablets in the control group given verbal education was 76.6 with a standard deviation of 13.0, minimum value of 50.0 and maximum value of 100.0. It was found that 2 (10.5%) mothers were compliant in Fe tablet consumption and 17 (89.5%) mothers were non-compliant in Fe tablet consumption. This aligns with Asmin's research (2021) where only 21.8% were compliant in consuming Fe tablets. Wahyuni's research (2022) showed pregnant women were non-compliant (73.0%). Misriani's research (2019) showed the majority of respondents had negative attitudes in consuming Fe tablets, namely 31 people (52.5%).

Treatment compliance is the level of willingness and extent of a patient's efforts and behavior in complying with instructions, rules or medical advice given by a doctor or other health professional to support the patient's recovery (Susmiati, 2021). Fe tablets must be consumed by pregnant women to prevent or overcome anemia. Despite its great benefits, Fe tablet consumption can also cause side effects in some people such as digestive disorders (nausea or vomiting, bloating, stomach pain). Fe tablets often slow down intestinal movement, causing constipation (Kusumaningtyas, 2023). Pregnant women are advised to increase fiber and fluid intake to reduce this risk. Although less common than constipation, some people may experience diarrhea. Stool color becomes black or dark. This is a normal effect and should not be worried about. Some pregnant women report a metallic or unpleasant taste in their mouth after consuming Fe tablets (Martini, 2023). Consuming Fe tablets with vitamin C sources (like orange juice) helps iron absorption and reduces certain side effects. Don't consume Fe tablets together with dairy products or calcium supplements, as they can inhibit iron absorption (Irmawati, 2020).

Based on results, the average compliance of pregnant women in consuming Fe tablets in the control group given verbal education was 76.6 with minimum value 50.0 and maximum value 100.0. It was found that 17 (89.5%) mothers were non-compliant in Fe tablet consumption and 2 (10.5%) mothers were compliant in Fe tablet consumption.

Based on results, it was found that 2 compliant respondents were aged > 35 years, multipara parity, housewife occupation and high school and elementary education. According to researchers, this age is often marked with increased responsibility tends to be more compliant if given good education, with multipara parity, respondents already have previous pregnancy experience, understanding that during pregnancy Fe tablet needs increase. Both respondents were housewives with high school and elementary education; education is not the only factor influencing compliance. According to researchers, pregnant women's compliance in consuming Fe tablets is influenced by various factors, such as age, pregnancy experience (parity), education level, and family support. Although formal education influences knowledge, effective educational interventions, quality health services, and friendly approaches can increase compliance, especially in groups with low education.

According to researchers, pregnant women are non-compliant in consuming Fe tablets even though they have been given instructions on how to consume Fe tablets, because pregnant women complain of side effects such as nausea, vomiting, constipation or stomach

discomfort after consumption so they don't want to take them. Although it has been explained, some mothers may not fully understand the importance of Fe tablets to prevent anemia, pregnancy complications, or long-term impacts for the baby. There is a belief that Fe tablets can cause large babies or other complications, which makes mothers afraid to consume them. Additionally, many mothers forget to consume Fe tablets regularly, especially if not accustomed to taking medicine at certain times. Some mothers don't consider Fe tablet consumption as important, especially if feeling healthy. Family may provide less encouragement or even influence mothers not to consume them.

According to researchers, from these results it is expected that health workers provide repeated information in an easily understood way, including through counseling and visual media. Make Reminder Schedules using applications or tools to remind mothers to routinely take Fe tablets, involve family and community to create an environment that supports mothers consuming Fe tablets. Health workers can provide more personal education, listen to mothers' complaints, and provide appropriate solutions. Joint efforts between health workers and family are very important to increase this compliance.

Effect of Fe Tablet Consumption Education on Pregnant Women's Compliance in Consuming Fe Tablets

Based on Mann Whitney test results, the statistical test results showed p-value = 0.000 (p-value < α = 0.05) which means there is an effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets in Kotabumi 1 Health Center Area, North Lampung District. This aligns with Harahap's research (2021) showing there is an effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets during pregnancy at Batunadua Health Center in 2021 with p-value = 0.000, (p < 0.05). Muhani's research (2021) found that pregnant women's knowledge about Fe tablets is related to compliance with Fe tablet consumption in pregnant women.

Compliance in consuming Fe tablets is measured by the accuracy of the number of tablets consumed, accuracy in how to consume Fe tablets, and frequency of consumption per day. Many factors influence maternal compliance in consuming Fe tablets, including counseling from health workers, family support, and pregnant women's knowledge regarding Fe tablets (Astapani, 2020). Mothers' knowledge about Fe tablets will lead to a positive attitude towards compliance by consuming Fe tablets. Without knowledge about Fe tablets, it is difficult for mothers to instill habits of using Fe source foods that are important for pregnant women's health; lack of knowledge is often considered an important factor in Fe deficiency problems. This can occur because people are unable to apply information about Fe tablets in daily life (Anggraeni & Muchtar, 2021).

One way is to provide health promotion to pregnant women through health education media. Health education media are all means or efforts to facilitate the delivery and reception of messages or information from communicators, whether through print, electronic, visual media, and outdoor media. Targets can increase their knowledge so they can change positive health behaviors (Susanti, 2020).

The choice of instruments in health education is also important because they can be used to inform the public in a more interesting and easily understood way. The use of these

media is based on the principle that someone receives or captures information through the five senses. One factor that supports ease of information reception is the presence of health promotion media, including leaflets. This media is print media containing learning materials presented in an attractive and flexible format. Leaflets can be used to facilitate material expression, and make it easier for targets to receive information. Researchers use leaflet health promotion media considering that leaflets are means intended for many people, can be read repeatedly, costs are quite affordable, easy to carry anywhere and can accommodate messages with attractive packaging. Additionally, leaflets are easy to place and disseminate, inexpensive, and can serve to remind targets (Mardan, 2023).

Based on research results, known from the course of research conducted at Sribasuki Health Sub-center, Kotabumi City District on September 27, 2024, at 08.00 WIB-finished, researchers introduced themselves and conveyed the purpose and objectives to conduct Education to respondents, namely pregnant women, about the importance of Fe tablets consumed for 30 days where every day one (1) tablet is taken at night, then distributed leaflets to respondents numbering 19 people. After finishing delivering Fe tablet consumption education, researchers conveyed to respondents (pregnant women) that if given Fe tablets from health centers, midwives or certain health services during check-ups, they must provide information that they have been given Fe tablets for 30 days. So that the health service facilities they visit do not double when consuming Fe tablets. Researchers conveyed that after 30 days of giving Fe tablets on the first day to respondents, researchers visited their homes one by one to get information on the number of remaining Fe tablets they did not consume. After 30 days of intervention results, it was known in the experimental group that overall pregnant women were compliant for Fe tablet consumption as many as 19 (100%) while in the control group only 2 (10.5%) respondents were compliant for Fe tablet consumption. This is because in the control group researchers only verbally conveyed information related to benefits for Fe tablet consumption. Verbal education delivery was given once and no other information was provided. This condition conveys about differences in Fe tablet consumption compliance in the intervention group that was more compliant for Fe tablet consumption.

Education about Fe tablet consumption has a significant influence on pregnant women's compliance in consuming Fe tablets because education helps pregnant women understand the importance of Fe tablets to prevent anemia, support hemoglobin formation, and maintain maternal and fetal health. With better understanding, pregnant women are more motivated to comply. Many pregnant women may have myths or misunderstandings, such as fear of Fe tablet side effects. Education provides correct information and explains how to overcome side effects, such as constipation. Education makes pregnant women aware of anemia risks, such as fatigue, premature birth, or low birth weight, so they are more aware of the importance of Fe tablet consumption. With clear and evidence-based education, pregnant women trust health workers more, so they follow medical advice more. Education is often done directly by health workers with a friendly, interactive approach tailored to individual needs. This helps mothers feel supported, which increases their compliance. Overall, education provides knowledge, builds motivation, and helps pregnant women overcome barriers in consuming Fe tablets, thus increasing their compliance.

Fe tablets are one beneficial way to overcome anemia. In Indonesia, Fe tablets have long been routinely given to pregnant women at Health Centers and Integrated Service Posts, using tablets containing 60 mg/day can increase Hb levels by 1 g% per month. So far the results achieved have not been encouraging, as evidenced by the prevalence of anemia in pregnant women which is still high both at national level and Central Java level. Fe tablet administration by taking it 1x1 is in accordance with iron supplementation for prevention dose 1x1 tablet and for treatment dose (if Hb less than 11 drdL) is 2x1 tablet (Minasi, 2023). The correct way to consume Fe tablets, such as avoiding consumption together with milk or tea. Better knowledge encourages pregnant women to better comply with doctor or midwife recommendations. Proper education not only provides information but also changes pregnant women's attitudes towards the importance of Fe tablets. With deep understanding, pregnant women tend to feel that consuming Fe tablets is a need, not just an obligation.

Fe tablet consumption compliance education in pregnant women tends to be more successful using leaflets compared to just lectures without educational media for several reasons such as: Leaflets provide information in visual form, like pictures, graphics, or attractive illustrations. This helps pregnant women more easily understand and remember messages delivered compared to lectures which are only verbal. Leaflets can be taken home so pregnant women can read information again anytime. This allows them to understand messages better and repeat if needed, while lectures are only delivered once and not always remembered. Leaflets are designed to provide information briefly, concisely, and clearly, making it easier for pregnant women to understand main messages. Lectures sometimes too long or difficult to understand if not delivered in an interesting way. In leaflets, use of pictures, infographics, and simple text helps pregnant women understand difficult concepts, like Fe tablet benefits or anemia consequences. Lectures, if too technical or monotonous, can make audience lose focus. Lectures are temporary, and received information often quickly forgotten. Leaflets function as continuous reminder tools because pregnant women can keep them and refer back when needing information. Pregnant women may not have full time or attention when lectures happen. Leaflets give them flexibility to read in spare time, so don't feel rushed to understand education content. Through leaflets, educators can evaluate pregnant women's understanding by giving follow-up questions based on information in leaflets. This is more effective than relying on participant memory after lectures. With leaflets, pregnant women are more encouraged to learn independently, which increases their awareness and commitment to the importance of consuming Fe tablets regularly. In education programs, combination of lecture methods to provide initial explanation and leaflets as supporting media often produces greater impact than one method alone (Mardan, 2023).

Education involving emotional and motivational approaches, such as explaining positive impacts for baby's health, can increase mothers' enthusiasm to routinely consume Fe tablets, strong motivation is usually associated with consistency in compliance. Education is often more effective if given by health workers, such as midwives, in a supportive atmosphere, like pregnant women's classes. This interaction allows mothers to ask questions directly and feel more involved. Good relationships with health workers increase trust, which encourages compliance. Good education, delivered interactively and purposefully, greatly influences

pregnant women's compliance in consuming Fe tablets. Additionally, family support and health worker supervision also become important supporting factors.

CONCLUSION

Based on the research results, the following conclusions can be drawn: The average compliance of pregnant women in consuming Fe tablets in the experimental group was 98.7%. The average compliance of pregnant women in consuming Fe tablets in the control group was 76.6%. There is an effect of Fe tablet consumption education on pregnant women's compliance in consuming Fe tablets in Kotabumi 1 Health Center Area, North Lampung District (p -value = 0.000).

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