

The Relationship Of Knowledge With The Attitude Of Pregnant Women About The Benefits Of Folic Acid At Haji Medan Hospital

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ABSTRACT

This study is entitled the relationship of knowledge with attitudes of pregnant women about the benefits of folic acid. In general, this study aims to find out the picture of knowledge of pregnant women about the benefits of folic acid, and specifically this study aims to find out the picture of knowledge of pregnant women about the benefits of folic acid based on age, education, occupation, and sources of information. This type of research is descriptive research. This research was conducted at Haji Medan hospital. The population in this study was 30 pregnant women and the entire population was sampled in this study. A total of 20 questionnaires were distributed to respondents. And from the results of data analysis found the results of research that showed: The level of knowledge of mothers about giving folic acid in general is categorized as quite good. Maternal knowledge about folic acid administration based on the age of the majority of mothers aged 20-35 years with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of mothers aged >35 years with less knowledge categories as many as 1 respondent (3.33%) Maternal knowledge about folic acid administration based on the education of the majority of mothers with junior high school education levels with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of mothers with elementary school education with categories Good knowledge as much as 1 respondent (3.33%). Mothers' knowledge about folic acid administration based on the work of the majority of mothers with housewives work with good knowledge category as many as 7 respondents (23.33%) and the minority of mothers with housewife work also with good knowledge category as many as 2 respondents (6.67%). Mothers' knowledge about folic acid administration based on information sources, the majority of mothers with information sources from print/advertising media with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of mothers with information sources from neighbors with good and sufficient knowledge categories as many as 1 respondent each (3.33%).

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INTRODUCTION

Folic acid is one type of B vitamin needed by the body for the formation of new cells. In our body, folic acid that has been consumed will be stored in the liver as a reserve. (www.google.com: folic acid.)

According to the World Health Organization (WHO), the adult body needs 400 micrograms of folic acid every day. While in pregnant women folic acid intake is needed as much as 800 micrograms / day. If the body lacks folic acid, it can cause congenital defects in infants. Such as neural tube defects and abnormalities of the brain and spinal cord. Folic acid is relatively easy to obtain because it is available in green vegetables and fruits. The incidence rate and empirical risk of recurrence for NTDs vary from 7.5 to 11.6 per 10,000 live births. In Indonesia itself there is no exact data on how much the prevalence of spinal cord disorders. For the prevention of NTD recurrence, a clinical study involving 1195 high-risk pregnant women from 33 research centers reported 72% lower NTD cases among children in the folic acid group than in the group not given folic acid. The recurrence rate dropped from 3.5% to 1% in women randomized to 4 mg folic acid before pregnancy

and during the first 6 weeks of pregnancy. Results in the group taking vitamins without folic acid were similar to results in the group not using vitamins with a risk of recurrence of 3.5%. (www.depkescirebon.com)

Folic acid deficiency in pregnant women, based on research can cause defects in babies born. The baby had defects in the brain and spinal cord. Folic acid deficiency causes babies to be born with cleft lip, babies with low weight, Down syndrome and recurrent miscarriages. Other abnormalities are babies experiencing disorders of defecation and urination, children cannot walk upright and high emotions. In girls as adults do not menstruate.

Pregnant women are the condition of a woman who is carrying a fetus which is the gateway to the creation of a reliable next generation. According to this definition, pregnant women are figures who will later give birth to future generations who have the skills and abilities to make changes for the better. Pregnant women are also a gift for the progress of the nation because from pregnant women are born prospective successors of the nation who will lead a generation in the future.

Severe abnormalities that occur in newborns due to folic acid deficiency during pregnancy are known in the medical world as Neural Tube Defects / NTD / Neural Tube Abnormalities. The disorder is the result of no closure of the neural tube at the upper end (Meningocele) or lower end (Spina Bifida) in the third or fourth or fourth week (day 16 to day 28) after conception. Because of the importance of this substance, the need for folic acid for pregnant women must be prepared since before pregnancy. If started one month before pregnancy and the first three months of pregnancy will reduce the burden of birth risk on NTDs by more than 70 percent.

Often mothers do not realize that they are deficient in folic acid because most pregnancies occur unplanned. Therefore, mothers often do not equip themselves with adequate nutrition before and after giving birth. In Indonesia itself there is no exact data on the prevalence of spinal cord disorders. The number of infant mortality rates in Indonesia is still relatively high. The death of this baby has not been identified because there is no data. One of the causes of death is Folic Acid deficiency.

In Medan, several times it was reported by local newspapers that there was a birth of a baby with a very sad condition, namely without a skullcap and his brain unraveled out. That is called anencephaly, a disorder that occurs due to the non-closure of the neural tubes (brain and spinal cord ducts) during their formation, namely in the first week to 3rd week of pregnancy.

Based on preliminary survey data that the author got at Haji Medan Hospital from 20 people who were pregnant patients, 10 people did not know the benefits of folic acid. With several cases of birth defects in the people of Medan, it is necessary to be given knowledge about the importance of folic acid in preventing terrible brain abnormalities / defects and will be a burden for families who will experience it. Based on the data above, it is necessary to conduct systematic research to measure maternal knowledge about giving folic acid and also raise awareness to give and consume folic acid to avoid the consequences caused by folic acid.

METHOD

Research in this study uses the descriptive research method Survey which aims to make a picture of a situation objectively. This descriptive research method is used to, solve or answer problems that are being faced in the current situation. This research was carried out by taking steps of data collection, classification, processing, making conclusions and reports.

The population in the study was all pregnant women patients at RSU Haji Medan, North Sumatra province, as many as 30 patients. The sampling method used in the study is Non probability sampling, which is a technique that does not provide equal opportunities for population members to be selected into samples with the Total Sampling technique of sampling as a whole. The number of samples in this study was as many as 30 people.

Primary data were obtained by researchers themselves by conducting interviews with respondents using questionnaires compiled based on written concepts. Secondary data obtained from institutions that routinely collect data, this data is from the medical records section of RSU Haji Medan.

RESULTS AND DISCUSSION

Based on research conducted by the author, through the distribution of questionnaires to 30 mothers which included questions about maternal knowledge about the benefits of folic acid, the results of the study were described.

Table 1. Frequency Distribution of Mother's Knowledge about the Benefits of Folic Acid

No	Knowledge	F	Total %
1	Good	9	30
2	Enough	14	46,67
3	Less	7	23,33
Amount		30	100

From the table above, it can be described that the level of maternal knowledge about the benefits of folic acid is generally classified into 3 (three) categories, namely good, sufficient and less. Based on the data obtained, the majority of mothers have sufficient knowledge amounting to 14 respondents (46.67%), while the minority of mothers have good knowledge less than 7 respondents (23.33%). So it can be concluded that the level of knowledge of mothers about the benefits of folic acid in general is categorized as sufficient.

Table 2. Frequency Distribution of Maternal Knowledge about the Benefits of Folic Acid Based on Age

No	Age	Knowledge						Total %	
		Good		Enough		Less		F	%
		F	%	F	%	F	%		
1	< 20 Years	3	10	3	10	-	-	6	20
2	20-35 Years	5	16,67	7	23,33	2	6,67	14	46,67
3	> 35 Years	1	3,33	4	13,33	5	16,67	10	33,33
Total		9	30	14	46,67	7	23,33	30	100

From table 2, it is known that maternal knowledge about the benefits of folic acid based on the age of the majority of mothers aged 20-35 years with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of mothers aged >35 years with knowledge categories less than 1 respondent (3.33%).

Table 3. Frequency Distribution of Maternal Knowledge about the Benefits of Folic Acid by Education

No	Education	Knowledge						Total %	
		Good		Enough		Less		F	%
		F	%	F	%	F	%		
1	SD	1	3,33	4	13,33	4	13,33	9	30
2	SLTP	4	13,33	7	23,33	2	6,67	13	43,33
3	SMA	4	13,33	3	10	1	3,33	8	26,67
4	College	-	-	-	-	-	-	-	-

Total	9	30	14	46,67	7	23,33	30	100
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From table 3, it is known that maternal knowledge about the benefits of folic acid is based on the education of the majority of mothers with a junior high school education level with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of elementary school educated mothers with good knowledge categories as many as 1 respondent (3.33%).

Table 4. Frequency Distribution of Maternal Knowledge about the Benefits of Folic Acid by Occupation

No	Work	Knowledge						Total %	
		Good		Enough		Less		F	%
		F	%	F	%	F	%		
1	Housewives	7	23,33	10	33,33	2	6,67	19	63,33
2	State Officer	-	-	-	-	-	-	-	-
3	Private Officers	2	6,67	4	13,33	5	16,67	11	36,67
	Total	9	30	14	46,67	7	23,33	30	100

From table 4, it is known that mothers' knowledge about the benefits of folic acid is based on the work of the majority of mothers with housewives' jobs with good knowledge categories as many as 7 respondents (23.33%) and the minority of mothers with housewives' jobs also with good knowledge categories as many as 2 respondents (6.67%).

Table 5. Frequency Distribution of Maternal Knowledge about the Benefits of Folic Acid by Source of Information

No	Source Information	Knowledge						Total %	
		Good		Enough		Less		F	%
		F	%	F	%	F	%		
1	Health Workers	5	16,67	6	20	2	6,67	13	43,33
2	Print/Advertising	3	10	7	23,33	-	-	10	33,33
3	Neighbor	1	3,33	1	3,33	5	16,67	7	23,33
	Total	9	30	14	46,67	7	23,33	30	100

From table 5, it is known that maternal knowledge about the benefits of folic acid based on information sources, the majority of mothers with information sources from print/advertising media with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of mothers with information sources from neighbors with good and sufficient knowledge categories as many as 1 respondent each (3.33%).

Table 6. Frequency Distribution of Mothers' Attitudes about the Benefits of Folic Acid by Source of Information

No	Attitude	Frequency (F)	Percentage (%)
1	Good	5	16,6
2	Enough	18	60
3	Less	7	23,33
	Amount	30	100

From table 6 it is known that the attitude of mothers about the benefits of folic acid is quite a majority of 18 respondents (60%) and a good minority of 5 respondents (16.6%).

Table 7. Frequency Distribution of Respondents Based on the Relationship of Knowledge with Attitudes about the Benefits of Folic Acid in Pregnant Women

No	Knowledge of pregnant women	Attitude of pregnant women						Total		Asymp. Sig. (2-Sides)
		Good		Enough		Less		N	%	
		N	%	N	%	N	%			
1	Good	10	33,3	7	23,3	-	-	17	56,6	0,001
2	Enough	5	16,6	-	-	2	6,6	7	23,3	
3	Less	-	-	3	10	3	10	6	20	
Total		15	50	10	3,33	3	16,6	30	100	

From the table above, it can be seen that of the 62 respondents who have good knowledge with a good attitude as many as 16 respondents (25.8%), good knowledge with a sufficient attitude as many as 3 respondents (4.8%), sufficient knowledge with a sufficient attitude as many as 28 respondents (45.2%), sufficient knowledge with a bad attitude as many as 3 respondents (4.8%), bad knowledge with a sufficient attitude as many as 3 respondents (4.8%), While bad knowledge with bad attitudes as many as 9 respondents (14.6%). With the Chi - Square Statistical test, the result $p = 0.001$ means $p < 0.05$ it can be concluded that "There is a relationship between knowledge and maternal attitudes about the benefits of folic acid at Haji Medan Hospital.

Discussion

Mother's Knowledge about the Benefits of Folic Acid

Based on the data obtained, the majority of mothers have sufficient knowledge totaling 14 respondents (46.67%), then in second place there are mothers who have good knowledge of 9 respondents (30%), while the minority of mothers who have good knowledge is less than 7 respondents (23.33%).

Sensing occurs through the human senses, namely the senses of sight, hearing, smell, taste and touch. Most human knowledge is acquired through the eyes and ears. The results of the study show conformity with the theory stated above. That level of knowledge affects. According to the author's assumption, the knowledge of pregnant women about the benefits of folic acid is enough.

Mom's Knowledge about the Benefits of Folic Acid by Age

Based on the research data, maternal knowledge was obtained about the benefits of folic acid based on the age of the majority of mothers aged 20-35 years with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of mothers aged >35 years with knowledge categories less than 1 respondent (3.33%).

Age is one of the factors in the formation of knowledge. Although the degree of correlation between age and knowledge is not significant. According to the author, age affects the knowledge of pregnant women because of lack of experience and increasing age, the experience increases so that the knowledge will be better.

Mother's Knowledge on Benefits of Folic Acid based on Education

Based on the data from the study, it was found that maternal knowledge about the benefits of folic acid based on the education of the majority of mothers with a junior high school education level with sufficient knowledge categories as many as 7 respondents (23.33%) and the minority of elementary school educated mothers with good knowledge categories as many as 1 respondent (3.33%). Education has a role in determining human quality. With education, it is considered that humans will gain knowledge, so that the higher the education, the more quality human life will be.

According to the author's assumption, education has an important role in determining human quality. With the education that humans have, they are able to build their existence better. Pregnant women with better education will get will know about giving folic acid to her pregnancy.

Mother's Knowledge of the Benefits of Folic Acid based on Information Sources

Based on the data, the results showed that mothers' knowledge about the benefits of folic acid based on information sources, the majority of mothers with information sources from print/advertising media with sufficient knowledge categories were 7 respondents (23.33%) and the minority of mothers with information sources from neighbors with good and sufficient knowledge categories were 1 respondent each (3.33%).

Sources of information are knowledgeable either through the media or people. In relation to the group it is possible to influence its members. According to the author's assumptions, the source of information is closely related to the level of knowledge. By obtaining the right source of information, the knowledge of pregnant women will increase as well.

CONCLUSION

The survey results show that most pregnant women have good knowledge about the benefits of folic acid for maternal health and fetal development. However, there is still a small percentage of respondents who have limited knowledge. There was a significant positive correlation between pregnant women's level of knowledge and their attitudes towards folic acid. Pregnant women who have better knowledge tend to have more positive attitudes toward folic acid use during pregnancy. These results point to the importance of increased knowledge as a key factor in shaping positive attitudes towards folic acid. Although the majority of pregnant women show a positive attitude, it should be noted that there are still some pregnant women who have a less supportive attitude towards the benefits of folic acid. Therefore, it is necessary to carry out more intensive education efforts and health campaigns, especially for groups of pregnant women with limited knowledge. Recommendations to improve the knowledge and attitudes of pregnant women involve strengthening the role of health workers in providing appropriate and clear information, as well as involving families as the main support. In addition, integrating information about the benefits of folic acid in the routine pregnancy check-up program at Haji Medan Hospital can be a strategic step to increase awareness and application of healthy practices in pregnant women. Thus, the results of this study contribute to the understanding of the importance of knowledge in shaping the positive attitudes of pregnant women towards the benefits of folic acid, as well as provide a basis for the preparation of more effective educational programs in the future.

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