

DETERMINANT FACTORS RELATED TO THE INCIDENCE OF ANEMIA IN POST-PART MOTHERS IN THE WORK AREA OF DARUSSALAM COMMUNITY HEALTH CENTER, BANDA ACEH CITY

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ABSTRACT

Anemia is a condition in which the blood contains low hemoglobin levels. Hemoglobin is an iron-rich protein that carries oxygen from the lungs to the rest of the body. Anemia in the postpartum period is a condition of postpartum mothers with hemoglobin (Hb) levels < 11 g/dl. As a result, it can interfere with the blood's capacity to transport oxygen throughout the body. This study aims to analyze determinants related to the incidence of anemia in postpartum mothers in the working area of the Darussalam Health Center, Aceh Besar Regency in 2024. This research was conducted in July 2024. This research is analytical using the cross sectional method. The sampling technique was carried out using a total sampling of 35 people.

Data were collected through Hb level checks using GCHb easy touch and interviews with questionnaires. Univariate data were analyzed descriptively and bivariate data were analyzed using the chi square test. There was a significant relationship between age and the incidence of anemia in postpartum mothers using the Pearson chi-square test with a value of $p = 0.000$ ($p < 0.05$). There was a significant relationship between the type of delivery and the incidence of anemia in postpartum mothers using the Pearson chi-square test with a value of $p = 0.001$ ($p < 0.05$). There was a significant relationship between the consumption of Fe tablets and the incidence of anemia in postpartum mothers using the Pearson chi-square test with a value of $p = 0.000$ ($p < 0.05$).

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INTRODUCTION

Anemia is a condition in which the blood contains low levels of hemoglobin. Hemoglobin is an iron-rich protein that carries oxygen from the lungs to the entire body. In people with anemia, the blood carried throughout the body lacks oxygen because it does not have enough iron to form hemoglobin. Anemia is a condition in which red blood cells (erythrocytes) in the blood circulation or hemoglobin (Hb) decrease so that they are unable to fulfill their function as oxygen carriers to all tissues. Hemoglobin is a component in red blood cells (erythrocytes) that functions as an oxygen binder and

delivers it to all body tissue cells. Oxygen is needed by body tissues in order to carry out their duties properly. Low red blood cell counts or decreased hemoglobin levels result in reduced oxygen carrying capacity for the needs of vital organs (Suryani, J 2021).

World Health Organization(WHO) estimates that the maternal mortality rate worldwide is 440 per 100,000 live births and 98% occur in developing countries, while in Southeast Asia maternal mortality is 210 per 100,000 births. The lives of 8 million women worldwide are at risk and an estimated 529,000 women die each year as a result of complications arising from pregnancy and childbirth. Most of these deaths could actually be prevented by providing quality pregnancy services (WHO, 2020).

The main cause of anemia is iron deficiency which occurs in women of childbearing age and pregnant women who experience increased iron requirements, and other causes of anemia are lack of iron intake and large blood loss. The most common cause of anemia is malnutrition, especially iron deficiency, on the other hand 9 folate, vitamin B12 and A deficiencies are also important causes (Yona, S., & Nurulhuda, U, 2022). Meanwhile, according to the Indonesian Ministry of Health (2018), the causes of anemia include: lack of consumption of foods high in iron, especially those from animals, increased needs during pregnancy, menstruation and growth and development in toddlers and adolescents.

General symptoms of anemia are also called anemic syndrome. Anemia syndrome is a symptom that occurs in all types of anemia when hemoglobin levels fall below normal limits. Symptoms of anemia are caused by anoxia of target organs because the amount of oxygen that can be carried by the blood to the tissue is reduced and due to the body's compensation mechanism for anemia. Symptoms of anemia that generally occur include: Weakness, lethargy, weak legs, shortness of breath, especially during activity (approaching fainting), chest pain and reduced exercise tolerance (in more severe anemia), mild anemia sometimes does not show symptoms (Handayani, W., & Haribowo, A. 2012).

The high maternal mortality rate is a priority issue in the health sector. MMR is caused by obstetric complications that occur during pregnancy, childbirth and postpartum. Anemia is one of the causes of maternal death. The World Health Organization defines anemia as a condition where the hemoglobin level is less than 11 grams or less than 33% at any time during pregnancy, considering hemodilution which is normal in pregnancy where the hemoglobin level is less than 11 grams in the first trimester (WHO, 2022).

The Ministry of Health of the Republic of Indonesia in 2020 confirmed that the causes of maternal death include bleeding (28.29%), hypertension in pregnancy (23.86%), maternal death due to circulatory system disorders (4.94%), the incidence of anemia or lack of blood in pregnant women in Indonesia is still relatively high, which is 48.9%. Complications that cause anemia include antepartum bleeding (placenta previa and placental abruption) and postpartum bleeding (uterine atony, placental retention, placental remains, and lower genital tract lacerations). Bleeding during antepartum and postpartum often causes women to become anemic, a condition where they cannot tolerate blood loss (Ministry of Health, 2020).

Supported by Riskesdas data (2018) that the causes of maternal death include several factors. Direct obstetric causes include bleeding 28%, preeclampsia/eclampsia 24%, infection 11%, while indirect causes are nutritional problems including anemia in pregnant women 40%. Chronic energy deficiency 37%, and pregnant women with energy consumption below minimum requirements 44.2%. Most anemia in Indonesia has so far been stated as a result of iron deficiency (Fe) which is needed for the formation of hemoglobin. There has been an increase in the incidence of anemia in Indonesia, namely from 37.1% - 48.9%, this prevalence proves that cases of anemia in Indonesia are still high. According to age group, the highest incidence of anemia in pregnant women is at the age of 15-24 years at 84.6%. The proportion of pregnant women of childbearing age who experience chronic energy deficiency (CED) in Indonesia is 17.3% (Riskesdas, 2018).

The maternal mortality rate in Aceh province in 2022 increased to 141 per 100,000 live births. From the reported data, the highest number of maternal deaths was in East Aceh district with a maternal mortality rate of 14 people and the lowest in Sabang city, which was no maternal mortality rate. This was caused by obstetric complications in Aceh Province of 20.3%, which caused maternal deaths due to bleeding of 32 cases, hypertension in pregnancy of 16 cases, circulatory disorders of 5 cases, infections of 4 cases and metabolic disorders of 2 cases (Aceh Province Health Profile, 2023).

The incidence of anemia that has an impact on maternal morbidity and mortality, in several studies mention supporting factors including age, parity, frequency of ANC visits, economic status, education level, and compliance with Fe tablet consumption. The results of Amini's study (2018) at the Ampenan Mataram Health Center stated that anemia often occurs in most mothers with the at-risk age group, namely <20 and> 35 years, amounting to 63.2% (Amini P, 2018).

Postpartum anemia is a condition in postpartum mothers with hemoglobin (Hb) levels <11 g/dl. As a result, it can interfere with the blood's capacity to transport oxygen throughout the body. Anemia in postpartum mothers requires serious attention from parties involved in health services (Ministry of Health of the Republic of Indonesia, 2021). Postpartum anemia is a condition where there is a decrease in red blood cells or a decrease in Hb levels so that the oxygen carrying capacity for the needs of vital organs in the mother and fetus is reduced.

The results of previous research conducted by Nur Aini, (2021) in Gerbang Village, Bangkalan District, Madura, showed the proportion of pregnancy anemia that experienced postpartum anemia of 62.5%. The proportion of Caesarean delivery types that experienced postpartum anemia was 60%. And the proportion of episiotomy procedures that experienced postpartum anemia was 44.4%. Childbirth with (CS) procedures releases more blood than normal delivery, so it is more likely to experience anemia. Factors related to postpartum anemia are pregnancy anemia, type of delivery and episiotomy procedures (Nuraini, 2021).

The postpartum period is a period after childbirth that is often considered safe by patients or families, so this period is often overlooked by health workers. In fact, many cases of complications occur during this period. So home visits are important for midwives. Postpartum hemorrhage is the highest complication caused by childbirth performed with action, grandemultipara, maternal age over 35 years and parity. Postpartum hemorrhage generally results in anemia.

According to the Aceh Besar Health Profile (2021), anemic mothers are at risk of giving birth to Low Birth Weight (LBW) and causing death. Anemia can be caused by iron deficiency. The free Fe tablet distribution program has been started since pregnant women and during postpartum, but anemic mothers are still found during postpartum (Aceh Besar Health Profile, 2021).

Based on data from the Darussalam Health Center, the number of postpartum mothers in 2023 was 339 people. The number of postpartum mothers in January-February 2024 was 52 people, while postpartum mothers who were recorded as having experienced anemia were 31 people (59%), but this was considered normal by the postpartum mothers (Darussalam Health Center, 2024).

Based on initial survey data conducted by researchers, by conducting Hb (Hemoglobin) examinations on 10 postpartum mothers in the working area of the Darussalam Health Center, 6 (60%) of them experienced anemia. It is suspected that this is

because postpartum mothers do not get enough rest, consume foods that do not contain iron and do not know how to prevent anemia.

RESEARCH METHODS

This type of research is analytical with a cross-sectional method. Research design with a cross-sectional method Cross-sectional research is research that is conducted at the same time. This research was conducted in the work area Darussalam Health Center, Aceh Besar Regency in 2024, in July 2024 with a sample of 35 people. Data collected through Hb level examination using easy touch GCHb and interviews with questionnaires.

RESULTS AND DISCUSSION

Results

Table 1. Respondent characteristics

Respondent Characteristics	Frequency	Percentage (%)
Education		
High	7	20
Middle	20	57,1
Basic	8	22,9
Work		
Working	14	40
Not Working	21	60
Total	32	100

Based on table 1, it can be seen that the distribution of the frequency of respondents' education in the Darussalam Health Center Work Area, Aceh Besar Regency in 2024, most of them were in the middle category, namely 20 people (57.1%) and most of the respondents' jobs were in the unemployed category, namely 21 people with a percentage of 60%.

Table 2. Frequency Distribution of Age of Postpartum Mothers

Age of Postpartum Mother	Frequency	%
At risk	19	54.3
No Risk	16	45.7
Total	35	100

Based on table 2, it can be seen that the age of postpartum mothers in the Darussalam Health Center Work Area, Aceh Besar Regency in 2024, the majority are in the at-risk category, namely 19 people with a percentage of (54.3%) and the minority are in the not-at-risk category, namely 16 students with a percentage of (45.7%).

Table 3. Frequency Distribution of Types of Postpartum Mothers' Delivery

Types of Postpartum Mother Delivery	Frequency	%
Normal	23	65.7
SC	12	34.3
Total	35	100

Based on table 3, it can be seen that the type of postpartum maternal delivery in the Darussalam Health Center Work Area, Aceh Besar Regency in 2024, the majority were in the normal category, namely 23 people with a percentage of (65.7%) and the minority were in the CS category, namely 12 people with a percentage of (34.3%).

Table 4. Frequency Distribution of Characteristics of Consumption of Fe Tablets by Postpartum Mothers

Consumption of Fe Tablets	Frequency	%
Obedient	12	34.3
Not obey	23	65.7
Total	35	100

Based on table 4, it can be seen that the consumption of Fe tablets by postpartum mothers in the Darussalam Health Center Work Area of Aceh Besar Regency in 2024, the majority were in the non-compliant category, namely 23 people with a percentage of (65.7%) and the minority were in the compliant category, namely 12 people with a percentage of (34.3%).

Table 5. Frequency Distribution of Anemia in Postpartum Mothers

Anemia in Postpartum Mothers	Frequency	%
Anemia	20	57.1
Normal	15	42.9
Total	35	100

Based on table 5, it can be seen that anemia in postpartum mothers in the Darussalam Health Center Work Area, Aceh Besar Regency in 2024, the majority were in the anemia category, namely 20 people with a percentage of (57.1%) and the minority were in the normal category, namely 15 people with a percentage of (42.9%).

Table 6. Results of Chi Square Test of Relationship between Age and Postpartum Incidents

Age	Anemia in Mothers Postpartum				Amount		a	p
	Anemia		Normal		f	%		
	f	%	f	%	f	%		
At risk	16	84.2	3	15.8	19	100		
No Risk	4	25	12	75	16	100	0.05	0.000
Amount	20	57.1	15	42.9	35	100		

Based on table 6 The results of the cross-analysis showed that there were 16 people (84.2%) out of 19 people who had an age at risk tended to experience anemia. While postpartum mothers with non-risk ages were 12 people (75%) out of 16 people who tended not to experience anemia. The results of the chi-square test obtained a p value (0.000 <0.05) meaning that there was a significant relationship between age and the incidence of anemia in postpartum mothers meaning that Ho was rejected, Ha was accepted, namely there was a significant relationship between age and the incidence of anemia in postpartum mothers in the Darussalam Health Center Work Area, Aceh Besar Regency.

Table 7. Results of the Chi-Square Test on the Relationship between Type of Delivery and Incidents in Postpartum Mothers

Types of Childbirth	Anemia in Mothers Postpartum				Amount		a p	
	Anemia		Normal		f	%		
	f	%	f	%				
Normal	9	39.1	14	60.9	23	100	0.05	0.001
SC	11	91.7	1	50	8.3	100		
Amount	20	57.1	15	42.9	35	100		

Based on table 7, the results of the cross-analysis show that there are 14 people (60.9%) out of 23 people whose type of normal delivery tends not to experience anemia. While postpartum mothers with the type of CS delivery, there are 11 people (91.7%) who tend to experience anemia. The results of the chi-square test obtained a p value (0.001 <0.05) meaning that there is a significant relationship between the type of delivery and the incidence of anemia in postpartum mothers, meaning that Ho is rejected, Ha is accepted, namely there is a significant relationship between the type of delivery and the incidence of anemia in postpartum mothers in the Working Area of the Darussalam Health Center, Aceh Besar Regency.

Table 8. Results of Chi Square Test of the Relationship between Consumption of Fe Tablets and Incidents in Postpartum Mothers

Consumption of Fe Tablets	Anemia in Mothers Postpartum				Amount		a p	
	Anemia		Normal		f	%		
	F	%	f	%				
Obedient	2	16.7	10	83.3	12	100	0.05	0.000
Disloyal	18	78.3	5	21.7	23	100		
Amount	20	57.1	15	42.9	35	100		

Based on table 8 The results of the cross-analysis showed that 10 people (83.3%) out of 12 people who were obedient in consuming Fe tablets tended not to experience anemia. While postpartum mothers who were not obedient in consuming Fe tablets were 18 people (78.3%) who tended to experience anemia. The results of the chi-square test

obtained a p value ($0.001 < 0.05$) meaning that there was a significant relationship between consumption of Fe tablets and the incidence of anemia in postpartum mothers, meaning that H_0 was rejected, H_a was accepted, namely there was a significant relationship between consumption of Fe tablets and the incidence of anemia in postpartum mothers in the Darussalam Health Center Work Area, Aceh Besar Regency.

Discussion

Relationship between Age and the Incidence of Anemia in Postpartum Mothers in the Working Area of the Darussalam Health Center, Banda Aceh City

The results of the chi square test obtained a p value ($0.000 > 0.05$), meaning that there is a significant relationship between age and the incidence of anemia in postpartum mothers in the Darussalam Health Center Work Area, Banda Aceh City. The bivariate analysis showed that there were 16 people (84.2%) out of 19 people who had an age at risk of experiencing anemia and 3 people (15.8%) who had an age that was not at risk and did not experience anemia. While postpartum mothers with an age that was not at risk were 12 people (75%) out of 16 people who tended not to experience anemia and 3 people (25%) who experienced anemia.

Pregnancy is a physiological process so that a mother needs to plan her pregnancy by considering various factors that can affect the health of the mother and fetus, including age (Manuaba, 2018).

This is in accordance with Koman's theory (2021), pregnancy at the age of <25 and >35 years can cause anemia that continues into the postpartum period because at the age of less than 20 years the condition of the reproductive organs is not optimal, so that food is widely used for maternal growth which can result in fetal growth disorders. Fetal growth disorders can increase infant mortality and morbidity rates.

According to the results of Dewi's research (2021), the relationship between age factors and the incidence of anemia in the study conducted according to previous research that the age of the mother during pregnancy at the age of under 20 years and over 35 years has a 2 times greater chance of suffering from anemia than pregnant women who are between 20 and 35 years old when pregnant. These results are also in accordance with previous research conducted by Tanziha, Damik & Rosmiati (2020), which analyzed the risk factors for anemia in pregnant women in Indonesia by taking data from the 2013 Riskesdas results, that anemia in pregnancy is higher in women who are pregnant under

20 years or over 35 years compared to pregnant women aged 20 to 35 years, both mothers in urban and rural areas.

According to the assumption of researchers, pregnancy is very susceptible to iron deficiency because during pregnancy, more iron is needed, especially to supply the growing fetus and placenta and to increase the mass of the mother's red blood cells. In conditions that require a lot of iron, pregnancy in very young or very old women will be susceptible to anemia. The age considered very young is under 20 years old and the age considered too old is >35 years old, while the age considered safe for pregnancy is 20 to 35 years old because they are physically and mentally ready to get pregnant. Mothers who are pregnant at the age of 35 have entered the early stages of the degenerative phase, so that body function is not optimal and experience various health problems. Pregnancy at the age of under 20 and over 35 years is a pregnancy that has a risk of anemia.

The Relationship between Type of Delivery and the Incidence of Anemia in Postpartum Mothers in the Working Area of the Darussalam Health Center, Banda Aceh City

The results of the chi square test obtained a p value (0.001) > 0.05, meaning that there is a significant relationship between the type of delivery and the incidence of anemia in postpartum mothers in the Darussalam Health Center Work Area, Banda Aceh City. The bivariate analysis showed that 14 people (60.9%) of 23 people with normal delivery tended not to experience anemia and 11 people (91.7%) of 12 people with CS delivery experienced anemia.

According to Aritha's theory (2016), sEvery woman giving birth must bleed. How much depends on the length of labor, so all mothers after giving birth must look pale and exhausted. That's because they lack blood. The problem is if the mother's Hemoglobin (Hb) continues to drop, the mother must be careful when giving birth.

This is also in accordance with Manuaba's theory (2018), the type of delivery is related to a decrease in Hb levels. Because the blood that comes out due to a CS operation is much more than the blood that comes out due to normal delivery. PDecreased Hb levels can have a negative effect on the mother and the fetus she is carrying, such as impaired strength of pushing. Long periods of labor I and II can be tiring and often result in surgery and urinary periods can be accompanied by placental retention and postpartum hemorrhage, therefore routine Hb level checks are needed during pregnancy.

This is in accordance with research conducted by Sukmawati, et al. (2020) in Garut Regency, anemia in mothers is still high, anemia can increase the risk of maternal death during childbirth and the fetus in the womb. Factors that contribute to anemia in mothers include age, education, occupation, type of delivery, family, parity, pregnancy spacing, level of knowledge and compliance of pregnant women in consuming Fe tablets.

This result is also in accordance with previous research conducted by Ardhani in 2020 on the relationship between the type of delivery and the incidence of anemia in postpartum mothers at the Kemiling Health Center with an analytical research type with a "cross sectional" study design. The results of the study showed that the $p\text{-value} = 0.007 < \alpha = 0.05$ was obtained, so it can be interpreted that there is a relationship between the type of delivery and the incidence of anemia in postpartum mothers.

According to the researcher's assumptions, Factors causing anemia during the postpartum period include blood loss during the labor process, where delivery by Sectio Cesarea (CS) causes the mother to lose more blood than normal delivery, especially if there is bleeding during delivery which causes the mother to lose a lot of blood. Anemia during pregnancy is one of the factors that causes bleeding so that the mother can lose more blood.

The Relationship between Consumption of Fe Tablets and the Incidence of Anemia in Postpartum Mothers in the Working Area of the Darussalam Health Center, Banda Aceh City

The results of the chi square test obtained a p value $(0.000) > 0.05$, meaning that there is a significant relationship between the consumption of Fe tablets and the incidence of anemia in postpartum mothers in the Darussalam Health Center Work Area, Banda Aceh City. The bivariate analysis showed that there were 10 people (83.3%) out of 22 people who were compliant in consuming Fe tablets tended not to experience anemia and 18 people (78.3%) out of 23 people who were not compliant in consuming Fe tablets experienced anemia.

According to the theory of Aditiani & Djaiman (2020), iron is needed in the formation of hemoglobin, during pregnancy blood volume will increase due to changes in the mother's body and the baby's blood supply, this results in iron deficiency. Iron deficiency can cause disorders and obstacles to fetal growth, both body cells and brain cells, and can even cause fetal death in the womb, abortion, congenital defects, low birth weight and anemia in babies. Iron tablets or blood-boosting tablets are given to

postpartum mothers to be taken immediately after giving birth as much as 1 tablet every day in a row for 42 days during the postpartum period, it is better if continued for 6 months considering that the mother is breastfeeding.

According to Fitri's theory (2019), iron is a blood supplement tablet to overcome iron deficiency anemia given to pregnant women. The Indonesian government has begun to implement and focus on providing Fe blood supplement tablets to pregnant women. Pregnant women receive 90 blood supplement tablets during their pregnancy. This program is implemented with the hope that every pregnant woman will regularly check herself at the Health Center or Integrated Health Post during her pregnancy.

The results of this study are in line with Anita Nurfajrin's study entitled *The Relationship between Compliance in Consuming Fe Tablets and the Incident of Anemia in Pregnant Women at Jetis II Health Center, Bantul Regency*. This study aims to determine the relationship between compliance in consuming Fe tablets and the incident of anemia in pregnant women at Jetis II Health Center, Bantul Regency. This study was taken using quota sampling, a cross-sectional time approach, and data analysis using Kendall Tau. This study found a significant relationship between compliance in consuming Fe tablets and the incident of anemia with a p value = 0.044.

This result is also in accordance with previous research conducted by Nurhayati (2017) on the relationship between compliance in consuming iron tablets Fe and the incidence of anemia in postpartum mothers at the Tanjung Morawa Health Center with an analytical research type with a "cross sectional" study design. The results showed that the p-value = 0.003 < α = 0.05 was obtained so that it can be interpreted that there is a relationship between compliance in consuming iron tablets Fe and the incidence of anemia in postpartum mothers.

According to the researcher's assumption that from the results of the study, giving Fe tablets is very beneficial for pregnant women to consume during their pregnancy. The more regular the mother is in consuming Fe tablets, the lower the risk of anemia in the mother during her pregnancy. In this study, the researcher also found that there were respondents who experienced anemia while consuming Fe tablets, this was because the respondents had poor economic status, resulting in inadequate nutritional intake. Although consuming Fe tablets regularly, if the mother's nutritional intake is lacking, it will have an effect on increasing Hb.

CONCLUSION AND RECOMMENDATIONS

Conclusion

Based on the results of the study on the determining factors related to the incidence of anemia among postpartum mothers in the Working Area of Darussalam Health Center, Aceh Besar Regency, several significant findings were observed. First, there is a statistically significant relationship between maternal age and the incidence of anemia, as indicated by a Pearson chi-square test with a p-value of 0.000 ($p < 0.05$). This suggests that age is an important factor influencing the likelihood of postpartum anemia.

Second, the type of delivery also shows a significant relationship with the incidence of anemia, with a p-value of 0.001 ($p < 0.05$). This indicates that the mode of childbirth—whether vaginal or cesarean—may contribute to differing risks of anemia in postpartum mothers. Third, there is a highly significant relationship between the consumption of iron (Fe) tablets and the incidence of anemia, supported by a p-value of 0.000 ($p < 0.05$). This finding highlights the critical role of iron supplementation in preventing anemia during the postpartum period.

Recommendations

For the respondents, it is recommended that they enhance their knowledge regarding the benefits of consuming iron tablets by referring to reliable and scientifically-based sources of information such as medical journals, academic articles, or reputable health publications. Accurate and current knowledge is essential for informed decision-making in postpartum health management.

For the healthcare facility (Darussalam Health Center), it is advisable to implement targeted reproductive health education programs specifically designed for postpartum mothers. These programs should include essential topics such as anemia prevention, nutritional needs, and the importance of adherence to iron supplementation.

For Bina Bangsa Getsempera University, it is recommended to enrich the library's collection with books and journals focused on reproductive health, particularly those addressing postpartum anemia. This will serve as a valuable academic resource for students, faculty, and future researchers.

Lastly, for researchers, it is important to apply the findings of this study in community outreach activities. Educating and raising awareness among postpartum mothers about the significance of regular iron tablet consumption can contribute to reducing the prevalence of anemia and improving overall maternal health outcomes.

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