



# Counseling Methods Using Pocket Book on Knowledge and Behavior of Fe Tablets Consumption in the Prevention of Pregnancy Anemia

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**Abstract.** Efforts to prevent anemia can be done through counseling methods using pocket book. The Fe consumption pocket book contains messages about how to consume Fe correctly. The aim of this study was to analyze the effectiveness of counseling methods using pocket book on the knowledge and behavior of pregnant women consuming Fe tablets in preventing anemia in pregnancy at the Jagir Community Health Center, Surabaya. This study was the second stage of study which used quasi-experimental pre-post test control group design. The sample was 40 pregnant women in the experimental group and 40 pregnant women in the control group. The variables in this study were the knowledge and behavior of pregnant women in consuming Fe tablets. The research instrument used questionnaires. Data analysis used the Dependent T test. The showed that using pocket book is more effective in increasing respondents' knowledge with p value  $0.017 < 0.05$ , and also more effective in increasing the behavior of consuming Fe tablets with p value of  $0.037 < 0.05$ . Pocket books make it easier for clients to understand, accept and apply the information contained in them, so that clients' knowledge can increase over time. Positive behavior changes can occur automatically when someone realizes that this has greater benefits for their life. Some mothers find it easy to apply information if the media used is interesting and easy to understand.

**Keywords:** Pocket Book, Anemia, Knowledge, Behavior.

## 1 Introduction

Anemia in pregnant women causes by several factors. The main cause of anemia is a lack of iron intake in the diet or blood supplement tablets. The incidence of anemia is caused by a lack of iron intake [1]. Currently, pregnant women do not have a special pocket book for the correct way of consuming Fe, so there are still many wrong ways to consume it, which causes the Hb level of pregnant women to not increase. In an effort to treat anemia prevention, health education efforts can be provided in the context of increasing knowledge and action by applying a counseling method using a pocket book. The purpose of this study is to analyze the effectiveness of health education based on

counseling methods using pocketbook media on knowledge and behavior of consuming iron tablets in the prevention of anemia in pregnancy.

## 2 Methods

This study was the second stage of study which used quasi-experimental with pre-post test control group design. Participants were 40 pregnant women in the experimental group and 40 pregnant women in the control group. The variables in this study were the knowledge and behavior of pregnant women in consuming Fe tablets to prevent anemia. The research instrument was questionnaires. Data analysis used the Dependent T-test. The study was conducted at the Jagir Community Health Center, Surabaya from April to October 2022.

## 3 Results

The purpose of this phase 2 study was to analyze the differences in the effectiveness of health education based on the counseling method with pocketbook media on knowledge and behavior of consuming Fe tablets in preventing anemia in pregnancy in the experimental group and the control group. The results of the study are as follows:

**Table 1.** The Characteristics of The Respondents.

Variable	Experiment		Control		Total	
Age	N	%	N	%	N	%
< 20 years old	10	25	8	20	18	22.5
20-35 years old	23	57.5	24	60	47	58.7
> 35 years old	7	17.5	8	20	15	18.8
Profession						
Work	10	25	15	37.5	25	31.2
Doesn't work	30	75	25	62.5	55	68.8
Education						
Elementary	15	37.5	14	35	29	36.2
Primary school	20	50	21	52.5	41	51.25
College	5	12.5	5	12.5	10	12.5
Revenue						
< 1 million	8	20	6	15	14	17.5
1-2 million	17	42.5	25	62.5	42	52.5
>2 million	15	37.5	9	22.5	24	30
Gravida						
Primigravida	15	37.5	21	52.5	36	45
Multigravida	25	62.5	19	47.5	44	55
Resource						
Print media	3	7.5	5	12.5	8	10
Electronic media	27	67.5	11	27.5	38	47.5
Health workers	10	25	24	60	34	42.5

Amount of consumption						
Doesn't routine	20	50	15	37.5	35	43.7
Routine	20	50	25	62.5	45	56.3

Based on the Table.1, it can be concluded that based on the general characteristics of age, it was found that out of the 40 respondents in the treatment group, the most aged 20-35 years were 23 (57.5%), the control group was 24 (60%). The majority of jobs in the treatment group were unemployed, 30 (70%) and 25 (62.5%) in the control group also did not work. The highest level of education in the treatment group was secondary, namely 20 (50%) and in the control group was secondary, 21 (52.5%). The mother's income in the highest treatment group was 1-2 million, which was 17 (42.5%), in the control group it was 1-2 million, which was 25 (62.5%). The most gravida in the treatment group were multigravida, namely 25 (62.5%) and in the control group, the most were primigravida, namely 21 (52.5%). The most sources of information in the treatment group were electronics by 27 (67.5%) and in the control group were health workers by 24 (60%). The amount of consumption of Fe tablets in the treatment group was not routine as much as 20 (50%) and routine was also the same, namely as many as 20 (50%) and in the control group most were routine, namely 25 (62.5%).

**Table 2.** Frequency Distribution of Knowledge Variables.

Variable	Experiment				Control			
	Pre		Post		Pre		Post	
Knowledge	N	%	N	%	N	%	N	%
Low	14	35	7	17.5	18	45	12	30
Sufficient	13	42.5	8	20	11	27.5	15	37.5
High	13	22.5	25	62.5	11	27.5	13	42.5
Total	40	100	40	100	40	100	40	100

Based on the Table.2, it shows that the majority of knowledge in the treatment group before being given counseling using a pocket book was less than 14 (35%), after counseling using a pocket book the majority was in the good category, namely 25 (62.5%). Whereas in the control group before counseling the majority were in the less category by 18 (45%), after counseling the majority was sufficient by 15 (37.5%).

**Table 3.** Frequency Distribution of Behavioral Variables.

Variable	Experiment				Control			
	Pre		Post		Pre		Post	
Behavior	N	%	N	%	N	%	N	%
Low	13	32.5	7	17.5	10	25	7	17.5
Sufficient	16	40	15	37.5	18	45	20	50
High	11	27.5	18	45	12	30	13	32.5
Total	40	100	40	100	40	100	40	100

Based on the Table.3, it shows that the behavior in the treatment group before being given counseling treatment using a pocket book, there was a sufficient majority of 16 (40%), after counseling using a pocket book, the majority were in the good category, namely 18 (45%). Whereas in the control group, before the counseling was carried out, the majority of the categories were sufficient by 18 (45%), after the counseling was carried out, the majority were sufficient by 20 (50%).

**Table 4.** Normality Test Results on Knowledge Variables.

Variable	Experiment		Control	
	p value (pre)	p value (post)	p value (pre)	p value (post)
Knowledge	0.052	0.058	0.097	0.075

Data is said to be normally distributed if it has a sig value  $\geq 0.05$ . Based on the Table.4, the knowledge variable in the control group has a significant value of  $0.075 \geq 0.05$ , so that it is said to be normally distributed and the analytic test can use the independent t-test, while the knowledge variable in the experimental group has a significant value of  $0.058 \geq 0.05$ , so it is said to be distributed normal and the analytical test can use the independent t-test.

**Table 5.** Normality Test Results on Behavioral Variables.

Variable	Experiment		Control	
	p value (pre)	p value (post)	p value (pre)	p value (post)
Behavior	0.090	0.052	0.058	0.087

Data is said to be normally distributed if it has a sig value  $\geq 0.05$ . Based on the Table.5, for the behavioral variables in the control group the significant value is  $0.087 \geq 0.05$ , so it is said to have a normal distribution and the analytical test uses the independent t-test, while the behavioral variable in the experimental group has a significant value of  $0.052 \geq 0.05$ , so it is said to have a normal distribution and the analytical test uses independent t-test.

**Table 6.** Effectiveness of Health Education Based on Counseling Methods with Pocket Book Media on Knowledge of Fe Tablet Consumption in Prevention of Pregnancy Anemia.

Knowledge Variable	N	Mean	Standard Deviation
Experiment	40	64.25	22.970
Control	40	52.25	20.815
p-value 0,017			

Based on Table.6, it can be seen that there is a difference in the average knowledge of consuming Fe tablets in preventing pregnancy anemia in the control group (52.25) and the experimental group (64.25). Based on the results of the independent t test, a p value of  $0.017 < 0.05$  was obtained, it can be concluded that the use of Pocket books in Health Education is more effective in increasing the knowledge of consuming Fe tablets in preventing pregnancy anemia.

**Table 7.** Effectiveness of Health Education Based on Counseling Methods with Pocket Book Media on Fe Tablet Consumption Behavior in Prevention of Pregnancy Anemia.

Behavior Variable	N	Mean	Standard Deviation
Experiment	40	65	22.871
Control	40	54.25	22.405
p-value 0.037			

Based on Table.7, it can be seen that there is a difference in the average behavior of consuming Fe tablets in preventing pregnancy anemia in the control group (54.25) and the experimental group (65). Based on the results of the independent t test, a p value of  $0.037 < 0.05$  was obtained, it can be concluded that the use of Pocket books in Health Education is more effective in increasing the behavior of consuming Fe tablets in preventing pregnancy anemia.

## 4 Discussion

### 4.1 The Effectiveness of Health Education Based on Counseling Methods with Pocket Book Media on Knowledge of Fe Tablet Consumption in Prevention of Pregnancy Anemia

Knowledge of pregnant women about the consumption of Fe tablets in the prevention of anemia in pregnancy in the control group increased from poor to good enough. Knowledge of pregnant women about the consumption of Fe tablets in the prevention of anemia in pregnancy in the experimental group increased from poor to good. The results showed that the use of the counseling method with pocket book media was considered more effective in increasing the knowledge of pregnant women.

Counseling is a form of approach used in providing care to help individuals or families understand the health problems they face. After counseling, it is hoped that the individual can take quick and appropriate steps to overcome the problems they face [2]. Counseling is able to grow new knowledge that is easily accepted and remembered by respondents so as to make the program run optimally. There is a significant relationship between the level of knowledge of pregnant women and the level of compliance of pregnant women which refers to the education method by giving anemia pocket books which are considered to provide increased knowledge of pregnant women. So it can be concluded that the higher the level of knowledge, the more obedient pregnant women will be in consuming Fe tablets [3].

This study in line with study by Mona and Azalea that showed both pocketbook and video have significant effect to increased knowledge about dental health in children [4]. Study by Manueke and Donsu also showed that pocket books and videos were effective to enhanced knowledge about Labor Planning and Prevention of Complications (P4K) [5].

Another study showed the effect of pocket book not only on knowledge, but also on the attitudes. Study by Djannah and Wanufika stated that the pocket book is effective to improve adolescent's knowledge and attitude related to healthy sexual behavior [6]. In line with research Satrianingsih & Dewi N (2017) which showed that the PBL model assisted by science pocket books has an significant effect on increasing cognitive abilities and attitudes towards science [7]. Another study by Munawaroh et al also showed that pocket books improved the knowledge and attitudes of pregnant women which ultimately increases the level of fulfillment of blood tablet consumption during pregnancy [8].

Nutrition which states that the material and terms about diseases caused by malnutrition contained in pocket books use simple words, besides that the pocket book also contains pictures such as voltages so that respondents can read the case as well as see examples of nutritious food and diseases caused by malnutrition through pictures [9]. An overview of the use of pocket books as a medium in providing counseling. The research shows that water can have an effect on increasing knowledge [10].

Counseling can be an easy and effective method to implement in providing care. Counseling can give good results if the right media and target. The pocket book becomes a counseling medium that is considered easy to understand, accept, and apply the information contained in it by the client. So that the client's knowledge about the consumption of Fe tablets in the prevention of anemia in pregnancy can increase over time.

Study by Laras & Sumarmi (2017) stated that the utilization of pocket books improved not only students' knowledge, but also the practice too [11]. Study by Paramita et al stated that family planning pocket book for cadres has an effect on cadres' skills on family planning services [12]. Study by Solikhah & Fransisca (2019) showed there was a relationship of health counseling and cadre handling of diarrhea in children [13]. The ability of cadres must be developed, with the provision of knowledge and skills adapted to the tasks carried out, in managing Posyandu so that they can play an active role in improving public health [14].

#### **4.2 The Effectiveness of Counseling Method-Based Health Education Using Pocket Book Media on FE Tablet Consumption Behavior in Prevention of Pregnancy Anemia**

The behavior of consuming Fe tablets in the prevention of anemia in pregnancy in the control group did not increase, it remained in the fairly good category. The behavior of consuming Fe tablets in preventing anemia in pregnancy in the experimental group increased from good enough to good. The results showed that there were differences in the average behavior of the control group and the experimental group. This shows that

the use of pocket books in health education is more effective in improving the behavior of consuming Fe tablets in preventing anemia in pregnancy.

Pocket books can improve knowledge and attitudes. Although knowledge will determine attitudes, it is not always someone who has good knowledge, they will have good attitudes too, *vis versa* [15]. The pocket book is packaged in the form of simple conversations that discuss daily events and the language used is communicative so that students can more easily understand the material [16].

Knowledge or cognitive becomes the main factor in the formation of behavior. Knowledge is referred to as an important domain according to social cognitive theory, where behavior is based on knowledge, awareness and positive attitudes. Knowledge can be the basis for changing a person's behavior through appropriate parenting. There is a relationship between self-efficacy and the behavior of respondents in consuming Fe tablets. Mothers who fail to take Fe with the first impression that Fe cause side effects such as dizziness, nausea and vomiting can be a factor in decreasing self-efficacy. This can affect the mother to be obedient in consuming Fe [17]. Obedient behavior can occur if the behavior of the pregnant woman complies with all the instructions recommended by health workers in consuming Fe tablets. Pregnant women who do not comply with taking Fe tablets will have a risk of iron deficiency in pregnancy. As a result, the risk of anemia in pregnancy, especially iron deficiency anemia, increases [18]. Behavior can be seen from the behavior displayed. In research conducted providing nutrition counseling with pocketbook media provides a change in the mindset of respondents which has an impact on changes in their eating behavior, where individual counseling is a form of approach used in nutritional care to help individuals and families gain a better understanding of themselves and the problems they face so that they will change their behavior [19].

Pocket books can be a medium to create obedient behavior in consuming Fe in preventing pregnancy anemia. Changes in behavior in a positive direction can be formed by itself when a person realizes that it has greater benefits for his life. Some mothers find it easy to implement information if the media used is interesting and easy to understand. In several studies, the use of pocket books in providing counseling has an effect that is considered effective in bringing about an increase in knowledge and behavior.

Study by Darmawati et al (2019) showed that the implementation of iron supplementation was associated with iron deficiency, while there was no relationship between antenatal counseling and iron deficiency anemia [20]. Another study showed the effectiveness if counseling in behavior changes. Behavioral counseling interventions in promoting healthy weight gain and preventing excess gestational weight gain in pregnancy have a moderate net benefit for pregnant persons [21]. Another study by Anleu *et al* (2019) also showed that the implementation of a dietary intervention with nutritional counseling focused on sugars consumption decreased the consumption of energy and total sugars in overweight and obese pregnant women, mainly in the food groups high in free sugars [22].

A person with good knowledge will influence long last behavior. They will be more alert to the risk from poor health condition [23, 24]. This statement in line with study by The SFBC (Solution-focused brief counseling) method significantly improved iron

supplements adherence and physical activity during. The prevalence of anemia in pregnancy can be prevented by changing health behavior through the SFBC method, which is supported by synergistic collaboration between health workers [25].

## 5 Conclusion

This study aimed to analyze the effectiveness of counseling methods using pocket book on the knowledge and behavior of pregnant women consuming Fe tablets in preventing anemia in pregnancy at the Jagir Community Health Center, Surabaya. Then this study found that health education based on the counseling method with pocketbook media can enhance the knowledge and behavior of consuming Fe tablets among pregnant women to prevent anemia in pregnancy. Pocket books make it easier for clients to understand, accept and apply the information contained in them, so that clients' knowledge can increase over time. Positive behavior changes can occur automatically when someone realizes that this has greater benefits for their life.

According to the development of technology nowadays, further research can be developed by creating a digital pocket book that will make it easier for someone to carry and read wherever they are. And other studies can be carried out using other research designs to assess the effectiveness of pocket book in more detail.

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