

FACTORS THAT POSTPARTUM INTEREST IN VITAMIN A CONSUMPTION IN THE HELVETIA MEDAN HEALTH CENTER AREA IN 2021

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ABSTRACT

The KVA (Vitamin A Deficiency) management program that has been implemented is to supplementation of high doses of vitamin A capsules 2 times per year in Toddlers and Mothers of Nifas. The purpose of this study is to find out the factors that affect the interest of postpartum mothers towards vitamin A consumption in the Helvetia Medan Health Center Region in 2021. The design of this research uses analytical survey design, with a cross sectional approach. The sample in the study used a total population of 52 respondents. Data collection techniques use questionnaires and data analysis in the form of univariate, bivariate and multivariate analysis. The results of the chi square statistical test study obtained a p-value age of 0.022, knowledge of 0.03, distance to health services p-value 0.023, husband support p-value 0.04 and health worker support 0.002. Based on multivariate results known $\exp(B)/OR$ value at the age of 9,078, knowledge 1,181, distance to access to health services 33,229, husband support 7,035 and health worker support 4,353. The study concludes that there is a relationship between the influence of age, knowledge, husband support and health care support.

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1. Introduction

The safety and health of mothers is a benchmark in reducing maternal mortality (AKI). To achieve the goal of reducing AKI, especially in mothers, every social element is needed such as the role of government, society and mother nifas itself. In this case, the role of health workers is the key to spearheading success in the success of this program to provide care for postpartum, in addition to health care facilities as a provider of facilities and infrastructure always good services in the field of health to help health workers in providing care to mothers such as providing counseling on maternal nutrition, especially about the importance of consuming vitamin A in the postpartum and breastfeeding.

North Sumatra Province has 4 (four) major nutritional problems, namely macro nutrition problems, especially Toddlers with Less Protein Energy (KEP) which is characterized by undernourished toddlers and undernutrition toddlers, micronutrient problems especially Lack of Vitamin A (KVA), Iron Nutritional Anemia (AGB) and Disorders Due to Lack of Iodine (GAKY). The coverage of vitamin A in North Sumatra Province in the last six years or since 2011 tends to increase and until 2016 the KVA presentation is 85.91% which means it has been above the national target set at 80%.(1)

Due to Deficiency and Excess Vitamin A is a skin disorder generally seen in the lower limbs of the front and upper arm of the back, porters appear dry and scaly like fish. This disorder in addition to being caused by Vitamin A Deficiency (KVA) can also be caused by a deficiency of essential fatty acids, lack of vitamin A group B or Lack of Protein Energy (KEP) weight levels. A distinctive mark on the eyes because KVA starts from nearsightedness (XN) where the patient's vision will decrease at dusk and can not even see in an environment that lacks light.(2)

One of the KVA countermeasures program that has been run is with high doses of Vitamin A capsule supplementation 2 times per year in toddlers and postpartum mothers to maintain free blindness due to KVA and prevent the re-development of Xerofthalmia problems with all its manifestations (visual impairment, twilight blindness and even blindness to death).(3)

ervices in Indonesia depends on the network of facilities and health workers. Health facilities are defined as places or tools used to provide health care that is promotive, preventive, curative, and rehabilitative, such as public health care centers (health centers) and hospitals. According to the type of services available, health facilities are classified as primary, secondary or tertiary. Central and local administrative agencies have a responsibility to ensure that health facilities are accessible, and that facilities work to improve and/or maintain public health status, as specified in Law 36/2009.(4)

The results of research conducted by Risya Septiana Kurniawati in the working area of Kalibawang Health Center in 2015, the results of the study showed that the knowledge of cadres and mothers related to the implementation of vitamin A capsule administration is still low, the availability of vitamin A capsules in the place of delivery depends on the availability of vitamin A capsules in puskesmas and health services, the role of midwives in the village has not been implemented optimally and the role of cadres in the implementation of vitamin A capsule administration has not been implemented.(5)

Based on the initial survey conducted in the Area of Helvetia Medan Health Center, with interviews from 10 mothers of nifas known 3 people aged between 2 mothers aged < 20 years and 1 36-year-old mother stated that they want to consume vitamin A provided by health workers and consume vitamin A in accordance with the schedule that has been informed by health workers so that the mother has good knowledge and husband also Supporting mothers to consume vitamin A, while 7 mothers are known that it is not regular in taking vitamin A capsules that have been based on an initial survey conducted in the Area of Helvetia Medan Health Center, with interviews from 10 mothers of nifas known 3 people aged between 2 mothers aged < 20 years and 1 36-year-old mother of whom stated that they want to consume vitamin A given by the energy.

2. Method

Research design is a part of the study that contains descriptions of the description of the research flow that describes the mindset of researchers in conducting research commonly called the research paradigm. The study uses analytic survey design, as it tries to look for relationships between variables. This research is conducted with a cross sectional approach that studies the dynamics of correlation between risk factors and effects, by way of observation or data collection approach at one time (point time approach). This means that each research subject is only observed once.(6) The sampling technique used in this study uses the total population technique, namely the entire population as a sample of 60 respondents.

The type of data in this study is: The primary data used in this study is a questionnaire of questions filled out by respondents themselves. Secondary data is obtained from the data written in the Vitamin A Supplement Coverage Report to Mrs. Nifas in the Area of Helvetia Medan Health Center. Tertiary data is obtained from a variety of valid references, such as: journals, text books and electronic sources.

The questionnaire validity test was conducted in the of Sei Agul Medan Health Center, where the respondent's characteristics were the same as the research sample and the validity test site was side by side with the research site. The number of samples for the questionnaire validity test was 15

mothers with a table product moment r value (0.514). The criterion of the rehabilitation of the research instrument is that cronbach's Alpha value obtained is then compared to r product moment in the table with the provision that Cronbach's Alpha > 0.7 means sufficient reliability while if the alpha > 0.8 is to suggest all reliable items and all tests consistently have strong reliability.

3. Results and Discussion

3.1 Results

TABLE 1
CROSS-TABULATION OF RESPONDENTS WITH AN INTEREST IN CONSUMING VITAMIN A IN THE AREA OF HELVETIA MEDAN HEALTH CENTER

No	Age	Interest in Taking Vitamin A				Sum		Sig.α
		High		Low		F	%	
		f	%	f	%			
1	Risk	4	7,7	25	48,1	29	55,8	0,022
2	No Risk	14	26,9	9	17,3	23	44,2	
	Total	18	34,6	34	65,4	52	100	

Based on the results of chi square statistical tests with a meaningful limit of 95% (0.05) obtained a p -value of $0.022 < \text{sig } \alpha 0.05$, which means there is a relationship between the age of respondents with interest in consuming vitamin A in the Working Area of Helvetia Medan Health Center.

TABLE 2
CROSS-TABULATION OF RESPONDENTS WITH AN INTEREST IN CONSUMING VITAMIN A IN THE AREA OF HELVETIA MEDAN HEALTH CENTER IN 2021

No	Knowledge	Interest in Taking Vitamin A				Sum		Sig.α
		High		Low		F	%	
		f	%	f	%			
1	Good	15	28,8	9	17,3	24	46,2	0,03
2	Less	3	5,8	25	48,1	28	53,8	
	Total	18	34,6	34	65,4	52	100	

Based on the results of chi square statistical tests with an meaningful limit of 95% (0.05) obtained a p -value of $0.03 < \text{sig } \alpha 0.05$, which means there is a relationship between the knowledge of respondents with an interest in consuming vitamin A in the Helvetia Medan Health Center.

TABLE 3
CROSS-TABULATION DISTANCE TO ACCESS TO HEALTH SERVICES WITH INTEREST IN CONSUMING VITAMIN A IN THE AREA OF HELVETIA MEDAN HEALTH CENTER

No	Distance to Health Care Access	Interest in Taking Vitamin A				Sum		Sig.α
		High		High		F	%	
		f	%	f	%			
1	Near	13	25,0	4	7,7	17	32,7	0,023
2	Far	5	9,6	30	57,7	35	67,3	
	Total	18	34,6	34	65,4	52	100	

Based on the results of chi square statistical tests with a meaningful limit of 95% (0.05) obtained a p -value of $0.023 < \text{sig } \alpha 0.05$, which means there is a relationship between distance to access to health services with interest in consuming vitamin A in the Area of Helvetia Medan Health Center.

TABLE 4
CROSS TABULATION DUKUGAN HUSBAND WITH INTEREST IN CONSUMING VITAMIN A IN THE WORKING AREA OF HELVETIA MEDAN HEALTH CENTER

No	Husband Support	Interest in Taking Vitamin A				Sum		Sig.α
		High		High		F	%	
		f	%	f	%			
1	Support	10	19,2	1	1,9	11	21,1	0,04
2	No Support	8	15,4	33	63,5	41	78,8	
	Total	18	34,6	34	65,4	52	100	

Based on the results of chi square statistical tests with a meaningful limit of 95% (0.05) obtained a p-value of 0.04 < sig α 0.05, which means there is a relationship between husband support and interest in taking vitamin A in the Area of Helvetia Medan Health Center.

TABLE 5
CROSS TABULATION DUKUGAN HEALTH WORKERS WITH AN INTEREST IN CONSUMING VITAMIN A IN THE WORKING AREA OF HELVETIA MEDAN HEALTH CENTER

No	Health Care Support	Interest in Taking Vitamin A				Sum		Sig. α
		High		High		F	%	
		f	%	f	%			
1	Support	15	28,8	7	13,5	22	42,3	0,002
2	No Support	3	5,8	27	51,9	30	57,7	
	Total	18	34,6	34	65,4	52	100	

Based on the results of chi square statistical tests with a meaningful limit of 95% (0.05) obtained a p-value of 0.002 < sig α 0.05, which means there is a relationship between the age of respondents with interest in consuming vitamin A in the Area of Helvetia Medan Health Center.

TABLE 6
TEST LOGISTIC REGRESSION

Variables in the Equation		B	S.E.	Wald	df	Sig.	Exp(B)
Step 1 ^a	Kat.Umur	2.206	1.260	3.066	1	.022	9.078
	Kat.Jarak	3.503	1.240	7.987	1	.03	33.229
	Kat.DSuami	1.951	1.452	1.804	1	.023	7.035
	Kat.PKesehatan	1.678	1.126	2.221	1	.04	5.353
	Constant	-	3.971	12.260	1	.002	.000
		13.904					

Based on the table above it is known, that there is 1 research variable has been significant. The significant variable is the distance to access to health services obtained value p = 0.005 sig value <0.05 with exp(B)/OR value 33.229 which means the distance to access to health services affects 33,229 times the interest in consuming vitamin A.

3.2 Discussion

Health care is the most important factor in influencing behavior change. With the health promotion carried out by health workers, the public is more encouraged and interested so that it tends to change its behavior. In improving public health can be done by means of health promotion (health promotion). Health promotion itself can be done by training in the community, transforming knowledge and providing support to the community.

Based on the results of research conducted by Sundjaja that from the results of the study there is a tendency of an inverse relationship between vitamin A capsule coverage and age. The older the head of household, the higher the coverage of the postpartum mother's vitamin A capsules, at the table, the highest in ≥ 60 (57.7%), the lowest at < 30 (53.2%). The results of the analysis showed no noticeable difference between the coverage of the postpartum vitamin A capsules according to the mother's age (p = 0.194).(7)

Based on the results of research conducted by Lusiana El Sinta in 2013 entitled Knowledge Relationship to Vitamin A Consumption in Mrs. Nifas in the working area of Puskesmas IV Koto District IV Koto District Agam. The results showed that of the 16 mothers who had a poor knowledge of vitamin A, most were incomplete taking vitamin A, namely 13 postpartum mothers (81.3%). While of the 49 mothers who have good knowledge of vitamin A almost entirely complete consume vitamin A, which is as many as 47 mothers nifas (95.9%). Based on the chi-square test obtained p value 0.001 (p < 0.05) So that the consumption of vitamin A in mothers is fulfilled fully it is expected that health workers can provide more information about the importance of consuming Vitamin A.(8)

Based on the results of research conducted by Sundjaja that the results of the analysis showed a real difference between the coverage of vitamin A capsules of ibu nifas and some household access to health services, namely hospitals, practicing doctors, practice midwives, and posyandu.

Households with access to healthcare to a practicing physician received the highest vitamin A coverage (61.8%), followed by hospitals (61.1%), the lowest coverage was in practice midwives. (58,1%). While there is none The real difference between the coverage of vitamin A capsules of ibu nifas with some access to household health services is polyndes ($p = 0.215$) and poskesdes ($p = 0.298$).

Marmi J in her book entitled Nutrition in Reproductive Health is the active form of vitamin A only found in animal foods, vegetable foods contain carotenoids that are precursors (provitamin) of vitamin A. Sources of carotin: red, yellow and green vegetables such as carrots, tomatoes, jangung, spinach. Papaya, mango and orange fruit. Food ingredients that contain vitamin A are liver, animal fat, eggs, milk, butter and cheese.(9) Stunting is a disturbance in linear growth. Deficiency of micronutrients such as vitamin A, zinc, and iron may disturb secretion of growth hormone. Infection may improve Tumor Necrosis Factor Alpha (TNF- α) and Interleukin 1 (IL-1) that pressing secretion of growth hormone. The purpose of this study is to determine difference adequacy levels of vitamin A, zinc, iron and frequency infection in stunting and non stunting children under five at Puskesmas Bulak Banteng Surabaya. The study was conducted from January to may 2017 with cross sectional design. Thirty-eight children (19 stunting and 19 non stunting) were selected from random sampling. Mann Whitney test was conducted to analyze the differences between variabel in stunting and non stunting.(10)

Vitamin A is needed during the postpartum period for the growth of cells, dental and bone tissues, the development of visual nerves, increasing the body's resistance to infection. Sources of vitamin A that can be produced from egg yolks, liver, butter, green vegetables and yellow fruits (carrots, tomatoes, jackfruit) in addition to breastfeeding mothers also get additional vitamin A capsules (200,000 IU).

Interest is the drive or desire in a person to achieve a goal or need to be achieved. Interests are personal or individual means that each interest that could be different from the interests of others, interests are closely related to motivating someone, something learned, can change depending on the needs of the experience and trending fashion, not innate from birth. Factors that influence a person's interests depend on physical, social, emotional and experiential needs. Interest is preceded by feelings of pleasure and a positive attitude.(11)

According to the assumption of researchers based on the results of the study it is known that the majority of health workers do not support as many as 30 people (57.7%) with the majority of mothers also low in the interest of mothers to consume vitamin A, it is known that mothers are less informed about vitamin A needed during the postpartum period and the lack of midwifery care towards postpartum mothers and the absence of special methods given by midwives in promoting vitamin A in postpartum mothers, So that the impact on the interest of the mother in consuming vitamin A is very low. In addition, based on the results of research obtained also health workers who have provided support to postpartum mothers but interest in taking vitamin A is also still low, this is also influenced by the distance of the mother's home to access to health services is quite far and difficult to reach so that it can be known that mothers who have support from health workers but have a low interest in consuming vitamin A.

Giving high doses of vitamin A with a dose of 200,000 IU (red capsules) needs to be done. The dose is given twice, namely immediately after giving birth as much as one capsule of 200,000 IU, followed by one capsule the next day at least 24 hours after the first capsule, and no more than 6 weeks later..(12)

The frequency of vitamin administration differs in each age category. Infants aged 6-11 months are given vitamin A at a dose of 100,000 IU once a year, in February or August. Meanwhile, children aged 12-59 months were given vitamin A at a dose of 200,000 IU twice in one year, in February and August.(13)

In addition to Vitamin A studies also reported that there is a sample population that has a lot of fat tissue, for example in overweight sufferers or in obese people, do not automatically have more vitamin D levels compared to those who have less fat tissue.(14) Acai berry fruit contains abundant vitamin A and minerals. One of the benefits of various content contained in acai berry is that it can increase and maintain endurance and immunity that is useful to prevent disease.(15)

Giving high doses of vitamin A to nursing mothers may be used as a way to pass vitamin A on to infants/ children who are fed. There may be a small toxicity, because vitamin A is delivered

through breast milk little by little. Before becoming a program needs to be researched the benefits of this method so based on studies that it is needed vitamin A in postpartum mothers.(16)

4. Conclusion

Based on the results of research entitled Factors that affect the interest of mothers to the consumption of vitamin A in the Working Area of Helvetia Medan Health Center, it can be concluded that: There is an association and influence of the age of respondents with the interest in taking vitamin A, There is an relationship and influence between the knowledge of respondents with the interest in consuming vitamin A, There is an relationship and influence of distance to access to health services with an interest in consuming vitamin A, There is a relationship and influence of support of respondents' husbands with an interest in taking vitamin A and there is a relationship between the support of health workers and the interest in taking vitamin A.

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