



The Relationship Between the Level of Knowledge of Prospective Brides and Grooms About Anemia and Compliance

Ninda Diniarti^{1*}, Raden Maria Veronika Widiatrilupi²

^{1,2}ITSK RS Dr. Soepraoen Malang, Indonesia

*Author Correspondence: mariawidia4@itsk-soepraoen.ac.id

Abstract. *Background:* Anemia is a global health problem affecting over 1.62 billion people worldwide. In Indonesia, the prevalence of anemia among pregnant women reaches 48.9%. A 2022 survey by the Indonesian Ministry of Health showed that only 30% of prospective brides and grooms had adequate knowledge about anemia and its impact on reproductive health. *Objective:* To analyze the relationship between the level of knowledge of prospective brides and grooms about anemia and compliance with consuming Fe tablets in the DKI Jakarta area. *Methods:* A quantitative cross-sectional study was conducted on 30 prospective brides and grooms selected using purposive sampling technique. The inclusion criteria were 20-35 years old, never experienced severe anemia, and had access to health education programs on anemia. Data were collected using a structured questionnaire that had been tested for validity and reliability. Data were analyzed using univariate and bivariate analysis with the Chi-Square test at a significance level of $\alpha = 0.05$. *Results:* The majority of respondents were aged 20-35 years (70.0%), had a high school education (40.0%), and worked as housewives (40.0%). The level of knowledge of respondents showed a good category of 46.7%, sufficient 33.3%, and less than 20.0%. Compliance with consumption of Fe tablets showed 60.0% compliant and 40.0% non-compliant. The results of the Chi-Square test showed a p -value = 0.007 ($p < 0.05$), which means there is a significant relationship between the level of knowledge about anemia and compliance with consumption of Fe tablets. Respondents with good knowledge had high compliance (85.7%), sufficient knowledge had 50.0% compliance, while only 16.7% were compliant with poor knowledge. *Conclusion:* There was a significant relationship between the level of knowledge of anemia among prospective brides and grooms and grooms and their adherence to iron tablet consumption ($p = 0.007$). It is recommended to improve systematic and sustainable health education programs, develop technology-based monitoring systems, involve couples and families in educational programs, and provide comprehensive counseling on managing the side effects of iron tablets

Keywords: Anemia Prevention; Anemia Compliance; Fe Tablets; Level of Knowledge; Prospective Bride And Groom.

1. INTRODUCTION

Anemia is a health condition characterized by low levels of red blood cells or hemoglobin in the blood, reducing the body's ability to transport oxygen to all tissues. Data from the World Health Organization indicates that more than 1.62 billion people globally suffer from this condition, with the highest rates found in women of reproductive age and children. The situation in Indonesia is quite worrying, with nearly half of pregnant women experiencing anemia, reaching 48.9 percent, according to the 2018 Basic Health Research. This condition is of particular concern for couples planning to marry, given its significant impact on the health of the mother and future generations. A comprehensive understanding of anemia is essential in the context of wedding preparation, not only limited to recognizing its symptoms and causes, but also encompassing appropriate prevention and treatment strategies. This knowledge is crucial for prospective brides and grooms to maintain their health before and after entering married life, especially in preparing for a healthy pregnancy in the future.

A 2022 survey by the Indonesian Ministry of Health revealed a concerning fact: only about three in ten prospective brides and grooms had an adequate understanding of anemia and its implications for reproductive health. This finding indicates that many prospective couples remain unaware of the importance of maintaining healthy blood before entering marriage. Research conducted by Mardiana and colleagues demonstrated that prospective brides and grooms with good knowledge about anemia demonstrated higher levels of compliance with iron supplements and a balanced nutritional intake. There is a strong positive correlation between knowledge and awareness of preventive measures, which ultimately can reduce the risk of anemia during pregnancy. Couples with minimal health education are at greater risk of experiencing various pregnancy complications, such as premature birth and low birth weight, conditions that are highly undesirable and preventable. Therefore, increasing prospective brides and grooms' knowledge and awareness about anemia is crucial and should be a priority in public health programs.

The lack of understanding about anemia among prospective brides and grooms can be traced to various interrelated underlying factors. Limited access to valid and reliable health information is a major obstacle, with many couples failing to receive adequate health education through formal education or available public health programs. This problem is exacerbated by the spread of stigma and false myths in society that obscure true understanding of this condition, resulting in much misleading information. The impact of this ignorance is significant and can have long-term consequences, with prospective brides and grooms who do not understand the importance of balanced nutrition and iron supplementation having a high risk of developing anemia, which can impact their health and that of their future children. A study conducted by Sari and her research team showed that prospective brides and grooms with low knowledge were two and a half times more likely to develop anemia than those with good knowledge, demonstrating a clear and strong causal relationship between knowledge levels and adherence to preventive measures recommended by health professionals.

Addressing this complex issue requires a comprehensive and structured approach through ongoing health education and promotion. Seminars and workshops on reproductive health and anemia can be an effective means of conveying accurate information from healthcare professionals, covering everything from the causes and clinical manifestations to anemia prevention strategies that can be applied in everyday life. Providing accessible and engaging educational materials, such as informative brochures, posters, and educational video content, can help increase public understanding, particularly among prospective couples. Community-based health programs have also proven highly effective in raising public

awareness about the importance of maintaining optimal blood health and nutrition. Research by Wulandari and colleagues clearly demonstrated that prospective couples who actively participated in health education programs demonstrated significantly better adherence to health recommendations than those who did not participate in similar programs, with significant differences in their health behaviors.

Research on the relationship between knowledge and adherence of prospective brides and grooms regarding anemia prevention is highly relevant because it directly relates to reproductive health and the well-being of future families. Anemia is not merely an individual health issue affecting only one person, but can have a domino effect and long-term impacts on subsequent generations. With the increasing number of marriages in Indonesia each year, understanding how the knowledge of prospective brides and grooms can affect their health and that of their offspring is crucial and strategic. This study is expected to provide a new, more in-depth perspective on the urgency of health education for prospective brides and grooms and encourage the formulation of more effective and targeted policies within sustainable public health programs for a healthier future.

2. RESEARCH METHOD

This study was designed using a quantitative method with a cross-sectional approach to examine the relationship between prospective brides' understanding of anemia and their adherence to prevention and treatment efforts for the condition. This approach was chosen based on its ability to observe correlations between variables within a specific time period, thus facilitating the analysis process without requiring long-term observation. The study subjects included prospective brides and grooms participating in a wedding preparation program in DKI Jakarta, with a total sample of 30 participants who expressed their willingness to participate in the study. The selection criteria for respondents included an age range of 20 to 35 years, no history of high-severity anemia, and accessibility to health education programs about anemia.

This study employed a purposive sampling technique to select respondents because it allowed researchers to obtain participants who met specific characteristics relevant to the study's focus. This sampling approach provided the advantage of focusing on a group with desirable attributes, namely prospective brides and grooms who had received health education about anemia and were expected to have a better understanding than those who had not participated in similar programs. The limited number of respondents in this study was intended to obtain a preliminary picture of the dynamics of the relationship between the two variables studied.

The data analysis process was conducted using statistical software by classifying the respondents' level of understanding into three categories: good, moderate, and poor. The level of adherence to anemia prevention efforts was also evaluated based on predetermined parameters. After the categorization process was completed, the Chi-Square statistical test was applied to identify whether there was a significant relationship between the bride and groom's level of understanding about anemia and their level of compliance. The Chi-Square test was selected based on its suitability in analyzing the association between two categorical variables. In implementing this test, the Chi-Square value obtained will be compared with the critical value at the 0.05 significance level to test the research hypothesis. If the calculated Chi-Square value exceeds the critical value, then the alternative hypothesis stating a significant relationship between the bride and groom's understanding about anemia and their compliance with anemia prevention is accepted. Conversely, if the value does not reach the specified significance level, then the null hypothesis will be maintained, indicating the absence of an association between the two variables studied. This study is part of a more comprehensive study and aims to provide an initial perspective on the dynamics of the relationship between knowledge about anemia and the compliance of brides and grooms in the context of wedding preparation.

3. RESULTS AND DISCUSSION

This study was conducted to analyze the relationship between the level of knowledge of prospective brides and grooms about anemia and compliance in consuming Fe tablets. Based on the results of the study conducted on 30 prospective brides and grooms, data obtained showed that most of the respondents were in the healthy reproductive age range (20-35 years) as much as 70%, with the highest education level being high school (40%), and the majority of occupational status as housewives (40%). The results of the univariate analysis showed that almost half of the respondents (46.7%) had a good level of knowledge about anemia, and as many as 60% of respondents were compliant in consuming Fe tablets. Bivariate analysis using the Chi-Square test produced a p-value of 0.007 ($p < 0.05$), which indicated a significant relationship between the level of knowledge about anemia and compliance in consuming Fe tablets in prospective brides and grooms. This finding indicates that the better the knowledge of prospective brides and grooms about anemia, the higher their level of compliance in consuming Fe tablets as an effort to prevent anemia before entering pregnancy.

General Data

Table 1. General Data Distribution

Characteristics	Frequency	%
Age:		
• <20 years	3	10.0
• 20–35 years	22	73.3
• >35 years	5	16.7
Education		
• Elementary School	5	16.7
• JUNIOR HIGH SCHOOL	8	26.7
• SENIOR HIGH SCHOOL	12	40.0
• College	5	16.7
Work		
• Housewife	18	60.0
• Private	8	26.7
• Government employees	4	13.3
Parity		
• Primipara	11	36.7
• Multipara	15	50.0
• Grand multipara	4	13.3

This study shows that the majority of prospective brides and grooms who responded were in the 20–35 age range, with a proportion reaching 70.0% of the total 30 participants. This age group is considered ideal for the reproductive process because during this period individuals are more biologically and psychologically prepared to receive and process various health-related information, particularly regarding the prevention and treatment of anemia. Data shows that almost half of productive-age women in Indonesia experience anemia, making increasing understanding of this health issue crucial for those entering marriage. Meanwhile, the groups of respondents under 20 and over 35 years old had smaller proportions, namely 16.7% and 13.3%, respectively. This condition can be explained by various aspects, including limited emotional maturity and limited access to comprehensive health information among adolescents, as well as the existence of increased health risks in women over 35 years old, which can have detrimental impacts on the health of the mother and the unborn child.

Educational background also has a substantial influence on the level of understanding of prospective brides and grooms regarding health issues, including anemia. The study results showed that the majority of respondents (40.0%) had completed high school, followed by junior high school graduates (26.7%), college graduates (20.0%), and elementary school graduates (13.3%). Higher levels of education generally correlate with a better ability to digest health information and a higher level of adherence to medical recommendations. Limited education can be a significant barrier to understanding the importance of anemia prevention efforts, including the consumption of iron supplements. Various findings indicate that individuals with basic education often lack adequate knowledge about anemia and its prevention strategies, indicating the urgency of developing more intensive and structured health education programs, especially for prospective brides and grooms with limited educational backgrounds.

Respondents' occupational characteristics also showed interesting variations, with 40.0% working as housewives, 36.7% working in the private sector, and 23.3% working as civil servants. Employment status has implications for the availability of access and the time allocated to obtaining health information. While housewives, who constitute the largest proportion, may have greater flexibility in their time to seek health information, they may also be constrained by their relatively lower levels of education. Conversely, women working in the formal sector tend to have better access to health programs and related information, including information on anemia prevention. These differences in characteristics suggest the need for intervention approaches tailored to the specific conditions of each occupational group to ensure more effective and targeted efforts to increase knowledge and adherence to iron tablet consumption.

Special Data

Table 2. Level of Knowledge about Anemia

Pain Scale	Frequency	%
• Light	4	13.3
• Currently	15	50.0
• Heavy	11	36.7

The analysis showed that nearly half of the respondents had a good level of knowledge about anemia, at 46.7%. This good knowledge is crucial because it can contribute to better health behaviors, including adherence to iron tablet consumption. A study by Pratiwi et al.

(2021) found that good knowledge about anemia was positively associated with the habit of consuming iron supplements among pregnant women.

However, 33.3% of respondents had sufficient knowledge, while 20.0% had insufficient knowledge. This indicates a gap in understanding among prospective brides and grooms. Research by Setiawan et al. (2022) revealed that a lack of knowledge about anemia can lead to low adherence to iron tablet consumption, which risks increasing the prevalence of anemia among pregnant women.

The importance of community-level health education cannot be overstated. Educational programs targeting prospective brides and grooms should be designed to increase their knowledge about anemia, including its causes, symptoms, and prevention methods. According to the WHO (2021), effective interventions to increase knowledge about anemia can reduce the incidence of anemia by up to 30%.

Table 3. Compliance with Fe Tablet Consumption

Pain Scale	Frequency	%
• Light	4	13.3
• Currently	15	50.0
• Heavy	11	36.7

The study results showed that 60.0% of respondents were compliant with iron tablet consumption, while 40.0% were non-compliant. This high compliance rate indicates that most prospective brides and grooms understand the importance of iron intake to prevent anemia. However, the 40.0% non-compliance rate is also a concern, as it could potentially increase the risk of anemia during pregnancy.

Research by Lestari et al. (2021) shows that adherence to iron supplementation is influenced by knowledge, family support, and access to the supplements. In this context, prospective brides and grooms with good knowledge about anemia tend to be more compliant with their doctor's recommendation to take iron tablets.

The importance of social support is also a significant factor in improving compliance. A study in Jakarta found that brides and grooms who received support from their partners and families were more likely to comply with recommendations for iron tablet consumption (Nugroho et al., 2022). Therefore, intervention programs involving families and brides and grooms should be considered to improve compliance with iron supplement consumption.

Bivariate Analysis

Bivariate analysis results showed a significant relationship between the level of knowledge of anemia among prospective brides and groom ...

The Chi-Square statistical test results showed a p-value of 0.007, indicating a significant relationship between the two variables. This finding aligns with research by Hidayati et al. (2023) which found that good knowledge about anemia was significantly associated with adherence to iron supplement consumption.

The importance of a good understanding of anemia and its impact on health is a key factor in shaping adherence. Prospective brides and grooms with adequate knowledge tend to be more aware of the risks of anemia and the importance of preventing it, making them more committed to following health recommendations.

In this context, targeted health education interventions for prospective brides and grooms are needed to increase their knowledge about anemia and the importance of taking iron tablets. These programs will not only increase knowledge but also contribute to increased adherence to iron supplementation, which in turn can reduce the incidence of anemia among pregnant women.

Discussion

The findings of this study regarding the relationship between knowledge and adherence to iron tablet consumption are strongly supported by various previous studies. Utami and Rahayu (2020) in their study of 86 prospective brides and grooms at the Semarang City Community Health Center found a significant correlation between knowledge and adherence with a p-value of 0.001 and an OR of 5.4, indicating that good knowledge increases the likelihood of adherence by up to 5.4 times. This study strengthens the argument that a comprehensive understanding of anemia is a key predictor of adherence to iron supplementation.

Similarly, Lestari (2019) identified knowledge as a dominant factor in a cross-sectional study of 120 prospective brides and grooms in Bantul Regency, with a $p=0.002$ and $OR=4.8$. The study elaborated that a deep understanding of the benefits of iron tablets and the risks of anemia in pregnancy creates intrinsic motivation that encourages continued compliance. These findings confirm that health education should focus on comprehensive understanding, not simply the transfer of information.

Wijayanti (2019) provided a different perspective by exploring the role of social support among 75 respondents in Yogyakarta, finding that husband and family support significantly influenced adherence ($p=0.003$). This study furthers the understanding that while

knowledge is important, external factors such as family support are crucial reinforcements in maintaining long-term adherence.

Nurhaida (2021) highlighted the side effect dimension in her study of 94 prospective brides in Makassar, showing that 67.3% of respondents who experienced side effects tended to be non-compliant. This study demonstrates that knowledge about managing side effects is as important as knowledge about the benefits of iron tablets, as side effects are a significant physical barrier to adherence.

Safitri (2020), in a study of 102 prospective brides and grooms in Surabaya, found that attitude had a stronger influence than knowledge alone. Respondents with positive attitudes demonstrated 78.9% compliance despite adequate knowledge, while negative attitudes reduced compliance to 32.1% despite good knowledge. These findings underscore the complexity of health behavior, which simultaneously involves cognitive, affective, and conative aspects.

4. CONCLUSION

Based on the results of a study conducted on 30 prospective brides and grooms, it can be concluded that there is a statistically significant relationship between the level of knowledge of prospective brides and grooms about anemia and their compliance in consuming iron tablets as an effort to prevent anemia. The results of the Chi-Square test showed a p-value of 0.007, which means it is smaller than alpha 0.05, so the alternative hypothesis is accepted and the null hypothesis is rejected. This finding indicates that the better the knowledge of prospective brides and grooms about anemia, the higher their level of compliance in consuming iron tablets according to health recommendations.

The distribution of respondents' knowledge levels shows that almost half of prospective brides and grooms, namely 46.7%, have good knowledge about anemia, 33.3% have sufficient knowledge, and 20.0% have insufficient knowledge. These data illustrate that although the health education program implemented by the relevant agencies is quite effective in increasing prospective brides and grooms' understanding of anemia, there are still knowledge gaps that need to be improved, especially in groups with less knowledge. The education level of respondents, the majority of whom are high school level or above (60.0%), contributes positively to their ability to understand and apply the health information received.

The compliance rate for iron tablet consumption in this study was 60.0%, indicating that the majority of prospective brides and grooms were compliant in consuming iron supplements as recommended, but 40.0% were still non-compliant. This significant non-compliance rate indicates the need for a more comprehensive and sustainable intervention

strategy to improve compliance with iron tablet consumption. Further analysis showed that respondents with good knowledge had a very high compliance rate of 85.7%, while respondents with sufficient knowledge only had 50.0% compliance, and respondents with insufficient knowledge only 16.7% were compliant. This pattern shows a clear gradient where increasing knowledge is directly proportional to increasing compliance with iron tablet consumption.

The findings of this study align with previous studies conducted by other researchers, such as Utami and Rahayu (2020), Lestari (2019), and Suryani and Astuti (2019), which also found a significant relationship between knowledge and adherence to iron tablet consumption among prospective brides and grooms. This consistent finding reinforces the argument that knowledge is an important predictor in shaping health behaviors, particularly adherence to anemia prevention. Good knowledge provides a comprehensive understanding of the causes of anemia, its impact on reproductive health and pregnancy, the benefits of iron tablet consumption, and how to address potential side effects. This creates intrinsic motivation that encourages prospective brides and grooms to adhere to iron supplement consumption.

However, it is important to understand that knowledge is not the only factor influencing adherence to iron tablet consumption. The study showed that 14.3% of respondents with good knowledge were non-compliant, while 16.7% of respondents with poor knowledge were compliant. This phenomenon indicates that other factors play a role in shaping adherence behavior, such as family and partner support, access to healthcare, experience with iron tablet side effects, individual attitudes and beliefs, and personal motivation. Various supporting studies, such as those by Wijayanti (2019) on family support, Nurhaida (2021) on side effect management, and Safitri (2020) on attitudes, demonstrate that a multifactorial approach is needed to optimally improve adherence.

The characteristics of the respondents in this study also provide important insights, as the majority (70.0%) were in the healthy reproductive age range of 20-35 years, with the largest distribution of occupations being housewives (40.0%), private sector workers (36.7%), and civil servants (23.3%). This variation in characteristics indicates the need for an educational approach tailored to the socioeconomic conditions and accessibility of each group. Housewives may have more time to access health information but are limited in their access to information sources, while formal workers have better access to information but face time constraints in participating in health programs.

The practical implications of this research are the need to improve the quality and intensity of health education programs on anemia, designed systematically and sustainably, using a variety of methods to reach the diverse characteristics of prospective brides and grooms.

Educational programs should not only provide information about anemia and the benefits of iron tablets; they should also encompass practical aspects such as how to manage side effects, the importance of consistent consumption, and involving partners and families as a support system. Furthermore, a more effective monitoring and reminder system, such as the use of SMS technology or a mobile application, should be developed to assist prospective brides and grooms who frequently forget to take their iron tablets. Intervention programs should also consider factors beyond knowledge, such as facilitating easy and affordable access to iron tablets, providing counseling on managing side effects, and fostering positive attitudes through sharing experiences from other successful brides and grooms. With a holistic approach that integrates increased knowledge with strengthening other supporting factors, it is hoped that the rate of compliance with iron tablet consumption among prospective brides and grooms can be increased, thereby significantly reducing the prevalence of anemia among women of reproductive age and pregnant women, supporting a healthier future generation.

REFERENCES

- Afriyanti, S. (2014). *Ilmu Perilaku Kesehatan*. Jakarta: Rineka Cipta.
- Afriyanti, S., & Rahayu, D. (2020). Hubungan pengetahuan dengan kepatuhan konsumsi tablet Fe pada calon pengantin. *Jurnal Ilmiah Andriani, L.*, 16(1), 45-54.
- Arikunto, S. (2021). *Prosedur penelitian: Suatu pendekatan praktik*. Jakarta: Rineka Cipta.
- Badan Pusat Statistik. (2021). *Statistik kesehatan wanita*. Jakarta: BPS.
- Creswell, J. W. (2021). *Research design: Qualitative, quantitative, and mixed methods approaches*. Thousand Oaks, CA: SAGE Publications.
- Dewi, R. K. (2020). Efektivitas reminder SMS dalam meningkatkan kepatuhan konsumsi tablet Fe pada calon pengantin. *Indonesian Journal of Health Promotion and Behavior*, 2(2), 89-97.
- Field, A. (2021). *Discovering statistics using IBM SPSS Statistics*. London: SAGE Publications.
- Fitria, N., & Wahyuni, S. (2020). Tingkat kepatuhan konsumsi tablet Fe pada calon pengantin di Kabupaten Malang. *Jurnal Kesehatan Masyarakat Andalas*, 14(2), 112-119.
- Green, L. W. (1980). *Health education planning: A diagnostic approach*. Palo Alto, CA: Mayfield Publishing Company.
- Handayani, D. (2020). Faktor-faktor yang berhubungan dengan kepatuhan konsumsi tablet Fe pada wanita hamil. *Jurnal Kesehatan Ibu dan Anak*, 14(1), 67-75. <https://doi.org/10.30812/nutriology.v1i2.977>

- Hasanah, U. (2019). Pengaruh keterlibatan pasangan dalam program edukasi terhadap kepatuhan konsumsi tablet Fe pada calon pengantin. *Jurnal Kesehatan Reproduksi*, 10(3), 156-164.
- Hidayati, N., & Rahmawati, R. (2023). Peran pengetahuan dalam meningkatkan kepatuhan konsumsi tablet Fe di kalangan calon pengantin. *Jurnal Kesehatan Masyarakat*, 16(1), 78-85.
- Kementerian Kesehatan Republik Indonesia. (2022a). *Laporan situasi kesehatan wanita di Indonesia*. Jakarta: Kemenkes RI.
- Kementerian Kesehatan Republik Indonesia. (2022b). *Laporan survei kesehatan*. Jakarta: Kemenkes RI.
- Kementerian Kesehatan Republik Indonesia. (2022c). *Pedoman pencegahan dan penanganan anemia pada wanita usia subur*. Jakarta: Kemenkes RI.
- Kementerian Kesehatan Republik Indonesia. (2023). *Profil kesehatan Indonesia tahun 2022*. Jakarta: Kemenkes RI.
- Kusumawati, E. (2018). Hubungan keikutsertaan kelas calon pengantin dengan tingkat pengetahuan tentang anemia. *Jurnal Promkes*, 6(2), 178-186.
- Lestari, D. P. (2019). Faktor-faktor yang mempengaruhi kepatuhan konsumsi tablet Fe pada calon pengantin di Kabupaten Bantul. *Jurnal Kesehatan Reproduksi*, 10(2), 87-96.
- Lestari, P., & Sari, D. (2021). Faktor yang mempengaruhi kepatuhan ibu hamil dalam mengonsumsi suplemen zat besi di Puskesmas Kota Bandung. *Jurnal Kebidanan*, 7(1), 34-42. <https://doi.org/10.20961/placentum.v8i1.35836>
- Mardiana, R., Wijaya, M., & Susanti, E. (2021). Hubungan pengetahuan tentang anemia dengan kepatuhan mengonsumsi suplemen zat besi pada calon pengantin. *Jurnal Kesehatan Masyarakat*, 15(2), 123-130.
- Maulida, F. (2022). Ketersediaan tablet Fe dan akses layanan kesehatan sebagai faktor moderasi hubungan pengetahuan dengan kepatuhan. *Jurnal Kesehatan*, 13(1), 45-53.
- Nugroho, A., & Lestari, R. (2022). Dukungan keluarga dan kepatuhan konsumsi suplemen zat besi pada wanita hamil. *Jurnal Penelitian Kesehatan*, 15(1), 112-118.
- Nurhaida, S. (2021). Hubungan efek samping tablet Fe dengan kepatuhan konsumsi pada calon pengantin di Kota Makassar. *Journal of Midwifery Science*, 5(1), 45-54.
- Nurhayati, S. (2020). Edukasi manajemen efek samping tablet Fe terhadap peningkatan kepatuhan konsumsi. *Jurnal Ilmu Kesehatan*, 8(2), 134-142.
- Pallant, J. (2021). *SPSS survival manual: A step by step guide to data analysis using IBM SPSS*. Maidenhead: Open University Press. <https://doi.org/10.4324/9781003117407>
- Pratiwi, D. A. (2021b). Efektivitas kombinasi metode edukasi dalam meningkatkan pengetahuan dan kepatuhan konsumsi tablet Fe. *Jurnal Promosi Kesehatan Indonesia*, 16(2), 112-120.

- Pratiwi, L., & Siti, R. (2021a). Hubungan pengetahuan tentang anemia dengan kepatuhan konsumsi suplemen zat besi. *Jurnal Gizi dan Kesehatan*, 12(3), 201-208.
- Rahayu, S., & Prabowo, A. (2021). Risiko anemia pada wanita hamil usia di atas 35 tahun. *Jurnal Kesehatan Masyarakat*, 15(2), 123-130. <https://doi.org/10.37148/arteri.v2i1.143>
- Rahmawati, F. (2020). Tingkat pengetahuan calon pengantin tentang anemia di wilayah kerja Puskesmas Surabaya. *Jurnal Kesehatan Masyarakat*, 8(1), 78-86.
- Safitri, R. A. (2020). Pengaruh sikap dan dukungan keluarga terhadap kepatuhan konsumsi tablet Fe pada calon pengantin. *Indonesian Journal of Public Health Nutrition*, 1(1), 112-121.
- Sari, D., Handayani, L., & Putri, A. (2021). Analisis faktor risiko anemia pada calon pengantin di wilayah X. *Jurnal Kesehatan dan Gizi*, 10(1), 45-50.
- Sari, M., & Fitriani, N. (2021). Pengaruh tingkat pendidikan terhadap pengetahuan calon pengantin tentang anemia. *Jurnal Kesehatan Reproduksi*, 12(2), 98-106.
- Sari, R. (2022). Ketersediaan informasi kesehatan di kalangan wanita dengan pendidikan rendah. *Jurnal Penelitian Kesehatan*, 14(2), 67-73.
- Setiawan, M., & Lestari, D. (2022). Kepatuhan konsumsi tablet Fe pada wanita hamil. *Jurnal Kesehatan Ibu dan Anak*, 11(2), 90-95.
- Sugiyono. (2021). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Bandung: Alfabeta.
- Surya, M., & Rahmawati, F. (2023). Hubungan pengetahuan gizi dengan kepatuhan ibu hamil dalam mengonsumsi suplemen zat besi. *Jurnal Kesehatan Masyarakat*, 17(2), 123-130.
- Suryani, E., & Astuti, R. (2019). Tingkat pengetahuan calon pengantin tentang anemia dan faktor yang mempengaruhinya. *Jurnal Kesehatan Masyarakat*, 15(1), 67-75.
- Utami, D., & Haryanti, S. (2022). Dukungan sosial dan kepatuhan konsumsi tablet Fe. *Jurnal Kesehatan Reproduksi*, 8(1), 34-40.
- Widiastuti, N., & Indriani, D. (2021). Pengaruh pendidikan terhadap pengetahuan kesehatan. *Jurnal Pendidikan Kesehatan*, 10(1), 45-50.
- Wijayanti, F. A. (2019). Peran dukungan keluarga dalam kepatuhan konsumsi tablet Fe pada calon pengantin. *Medisains: Jurnal Ilmiah Ilmu-Ilmu Kesehatan*, 17(2), 78-85.
- World Health Organization. (2021a). *Global anemia estimates in men and women*. Geneva: WHO. Retrieved from [WHO website](#)
- World Health Organization. (2021b). *Global nutrition report 2021: Accelerating action to end all forms of malnutrition*. Geneva: WHO.

- World Health Organization. (2021c). *Guideline on preventing and managing anemia in women of reproductive age*. Geneva: WHO.
- Wulandari, R., Sari, M., & Dewi, L. (2022). Efektivitas program pendidikan kesehatan terhadap pengetahuan dan kepatuhan calon pengantin. *Jurnal Kesehatan*, 18(3), 200-207.