

## ABSTRACT

**Aini, Intan Aprilia Nur. 2023. *The Influence of Education on the Importance of Iron Supplements for Pregnant Women on the Commitment to Consuming Fe Tablets as a Means of Preventing Anemia in Pregnant Women in Dinoyo Village, Jatirejo Primary Health Center, Mojokerto District. Undergraduate Thesis, Malang Health Polytechnic, Applied Bachelor's Degree Program in Health Promotion. Advisor I: Diniyah Kholidah, S.ST, S.Gz, MPH. Advisor II: Fiashriel Lundy, S.Kep.Ns, M.Kes.***

*Commitment to consuming additional blood tablets should be encouraged among pregnant women to prevent anemia because pregnant women who do not commit to consuming additional blood tablets are prone to anemia. However, the commitment to consuming additional blood tablets to prevent anemia is still low. The results of the 2018 Riskesdas showed that the percentage of anemia cases among pregnant women reached 48.9%. Based on the data from the Mojokerto District Health Office in 2018, the prevalence of anemia in pregnant women was 29.26%. The aim of this study was to analyze the influence of education on the importance of iron supplements for pregnant women on their commitment to consuming iron tablets as a means of preventing anemia in the village of Dinoyo, Jatirejo Primary Health Center, Mojokerto District. This study used a quantitative method with a pre-experimental design and a one-group pretest-posttest design. The population and sample of the study consisted of 28 pregnant women from the village of Dinoyo. Data collection techniques in this study used a questionnaire in the form of a commitment checklist. The results of this study showed an increase in commitment to consuming blood tablets after receiving education. The data were analyzed using the Wilcoxon test, and the obtained p-value for commitment was 0.000, which is less than  $\alpha$  (0.05), indicating that there is an influence of education on pregnant women's increased commitment to consuming additional blood tablets. In conclusion, providing education can be one of the solutions to improve the commitment to cons.*

**Keywords:** *Anemia, Commitment, Pregnant Women, Blood Tablets, Education.*