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Empowering families to support pregnant women to routinely consume iron-enriching tablets: Scoping review

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Abstract--The purpose of this scoping review is to examine family empowerment in the context of support for pregnant women to routinely consume iron tablets. This scoping review method uses the PEOS framework and article identification using inclusion and exclusion criteria. The results of this study found 7 articles and 5 themes. The themes are family support, husband support, health worker support, knowledge, and attitudes of pregnant women. This study is expected to be a consideration for related health workers in providing counseling or education to pregnant women so that they are more focused on providing education about anemia and its impacts, as well as the importance of family support while the mother is consuming iron tablets.

Keywords--Family empowerment, Support for pregnant women, blood increasing tablets.

Introduction

The Ministry of Health defines MMR as the ratio of maternal deaths during pregnancy, childbirth and postpartum caused by pregnancy, childbirth and postpartum or their management but not due to other causes such as accidents or incidents in every 100,000 live births (Kemenkes RI, 2022).

The Maternal Mortality Rate (MMR) in the world in 2020 was 223 per 100,000 live births, and one of the targets of the SDGs (Sustainable Development Goals), in 2030, is to reduce the MMR to less than 102 per 100,000 live births and the IMR to 12 per 1000 live births (Yuriah & Zahra, 2024). South Asia contributed around 87% (253,000) of the estimated global maternal deaths in 2020, while Sub-Saharan Africa itself contributed around 70% of maternal deaths (202,000) (WHO, 2023).

MMR and IMR in Indonesia in 2024 are still far from the 2015-2030 SDGs development target with the target of reducing MMR to 70/1000 KH and IMR to 12/1000 KH, there are several factors causing maternal mortality including bleeding at 30.13%, hypertension in pregnancy at 27.1%, and infection at 7.3% (Awaliyah & Yuriah, 2024). One of the factors causing bleeding is pregnant women with anemia, lack of iron intake is the main factor causing anemia in pregnant women (Kemenkes, 2021).

The island of Sumatra, which has several provinces, one of which is South Sumatra, where the number of maternal deaths continues to fluctuate from 120 people in 2018, down to 105 people in 2019, up to 128 people in 2020, then up again to 131 people in 2021 and down again to 97 people in 2022 (Awaliyah & Yuriah, 2024). The most common cause of maternal death is bleeding (35%) and anemia in pregnant women can increase the risk of premature birth, postpartum hemorrhage and other health problems (Dinkes Sumsel, 2023).

Anemia in childbirth in South Sumatra is a significant health problem, with quite high numbers. Based on data from the Palembang City Health Office Profile in 2022, there were 4,873 cases of anemia in pregnant women in South Sumatra. The prevalence of anemia in pregnant women in South Sumatra in 2020 reached 11.1% or 22.93% (Yuriah et al., 2024). The latest data from the South Sumatra Provincial Health Profile 2023 shows that cases of anemia in pregnant women continue to increase (Dinkes Sumsel, 2024).

Iron Supplement Tablets (TTD) are a nutritional service that must be done and consumed by every pregnant woman (Yuriah et al., 2024). This aims to meet the need for iron during pregnancy so that it can be met properly for the growth and development of the fetus, placenta and during labor there is no bleeding (Muthoharoh et al., 2022). The needs of pregnant women such as iron will increase by 25% compared to mothers who are not pregnant (Mutiarra et al., 2023).

Prevention of anemia in pregnant women can be done by giving iron tablets, because the need for iron during pregnancy increases so it is necessary to consume foods that are sources of iron and iron supplements to meet iron needs

(Pratiwi et al., 2024). Based on the Minister of Health Regulation No. 88 of 2014 concerning the provision of iron-enriching tablets to women of childbearing age (WUS) and pregnant women, this is one of the government's efforts to prevent and overcome anemia due to iron deficiency (Kemenkes RI, 2022).

To prevent anemia, every pregnant woman should receive at least 90 iron tablets during pregnancy (Dinkes Sumsel, 2024). The irregularity of pregnant women in consuming iron tablets recommended by health workers is caused by the ignorance of pregnant women about the importance of adequate iron intake during pregnancy (Sepriani et al., 2024). In addition to knowledge, another important factor is family support (Yuriah et al., 2022). Pregnant women who receive family support to remind mothers to consume Fe tablets will influence the mother's attitude to routinely consume Fe (iron) tablets (Sangkhae et al., 2020). Basically, mothers really want their pregnancy and baby to be healthy. Pregnant women need family support to make their wishes come true. Because family is a person who is very close and trusted by pregnant women (Awaliyah & Yuriah, 2024).

Pregnant women who receive good support from their families will be motivated, always remembering the schedule for taking iron tablets (Yuriah & Kartini, 2022). Meanwhile, respondents with families who are less supportive may be due to the family not knowing the benefits and uses of iron tablets during pregnancy. (Adewiyah et al., 2024). Therefore, it is important to empower families to support pregnant women to routinely consume iron tablets during their pregnancy, to prevent mothers from experiencing anemia, in addition to preventing mothers from experiencing the effects of anemia, namely the risk of premature birth, postpartum bleeding, and other health problems (Yuriah, 2024).

Based on the background above, there is a need for family empowerment in order to support pregnant women to routinely consume iron tablets during pregnancy. From the latest literature, the researcher conducted a "scoping review: Family empowerment in order to support pregnant women to routinely consume iron tablets during pregnancy."

Method

Scoping review is a method used in this study. Scoping review aims to answer questions from the research topic that has been determined by using various sources of similar research articles, then classifying them and providing conclusions (Widiasih et al., 2020).

The stages in compiling a scoping review that researchers must carry out, according to (Arksey & O'Malley, 2005) in (Levac Danielle, Colquhoun Heather, 2012), There are four objectives for conducting a scoping review, namely (1) to examine the extent and nature of research activities, (2) to determine the value of conducting a full systematic review, (3) to summarize and disseminate the findings and (4) to identify research gaps in the existing literature (Levac Danielle, Colquhoun Heather, 2012). The problem in this study is that the researcher wants to identify the results of previous research on "Empowering families to support pregnant women to routinely consume iron-enriching tablets."

Based on the phenomenon to be studied, the PEOS (Population, Exposure, Outcome, Study) framework is used to determine the scoping review questions and to assist in the literature search;

Table 1. Framework PEOS

Population	Pregnant mother family, pregnant woman
Exposure	Family support for consuming iron tablets
Outcome	Family support for mothers to consume iron supplements
Study	All Research Methods

Based on the framework above, the chosen scoping review question is: "How to empower families in providing support to pregnant women to routinely consume iron-enriching tablets?".

After determining the scoping review question, the next step is to determine the inclusion and exclusion criteria. Inclusion criteria; Articles published between 2020-2025, Articles published in English or Indonesian, Documents/reports/draft policies/WHO websites/certain formal organizations, Articles discussing family support for pregnant women to routinely consume iron tablets. The exclusion criteria; Opinion articles, comments, review articles, reports, and book reviews.

The databases used to search for relevant evidence are the PubMed, Science Direct, and Wiley databases, as well as grey literature (Google Scholar/WHO).

The next step is to select articles by entering keywords that match the theme: (((((((((((empowerment*) OR (family empowerment*)) OR (family health education)) AND (family support)) AND (blood booster tablets*)) OR (iron tablets*)) OR (Fe tablets)) AND (pregnant women*)) OR (pregnancy*))). To determine the literature search, the literature search period is determined which in this study is limited to articles published in the last 5 years from 2020-2025 and the selected articles are free full text or open access.

In the search for articles from all databases accessed, 83 articles were initially identified as relevant to the scoping review question. In the process of selecting these articles, the researcher used a prism flow chart to transparently describe the process that had been carried out. Prism flow charts are a series of minimum evidence-based items for reporting in systematic reviews and meta-analyses. Prism flow charts are considered appropriate to use because their use can improve quality.

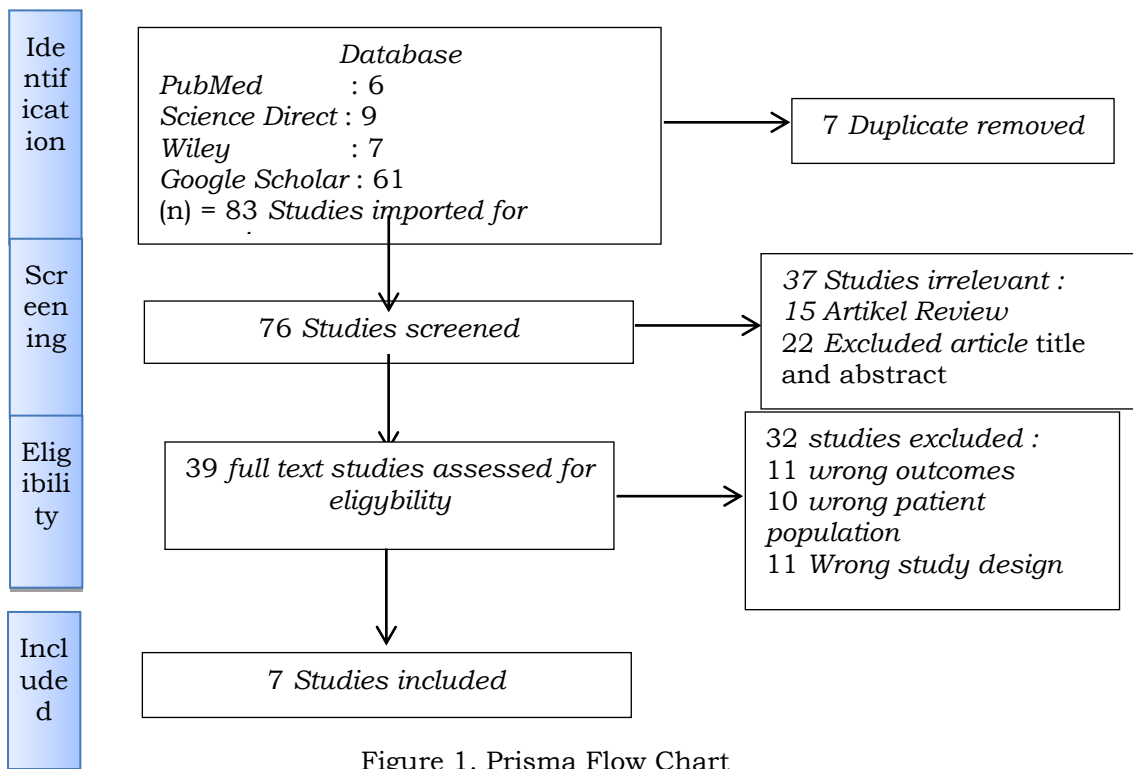


Figure 1. Prisma Flow Chart

Based on the final screening results from the prism flow chart, 7 articles were selected and in accordance with good quality, then entered into the data charting table (table 2. Data Charting), then data extraction was carried out to classify several points or parts of the article such as research objectives, research design, number of samples, and the results of the study.

After selecting the study, to determine the quality of the selected articles, a critical appraisal was conducted. Critical Appraisal in this Scoping review uses the Mixed Method Appraisal Tool (MMAT). MMAT is designed to assess the methodological quality of a study from five research categories, namely, qualitative research, randomized controlled trials, nonrandomized studies, quantitative descriptive studies and mixed-method studies. Of the 7 articles that underwent the critical appraisal process, the results of the study showed that almost all articles assessed had an A grade, and for the research design, all studies used a quantitative design.

Table 2. Data Charting

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants/Sample Size	Result
A1	(Warizqin Karima et al., 2023), Relationship of Knowledge, Family Support and Support of Health Workers with Compliance of Pregnant Women Consuming Fe Tablets at Lubuk Batang Health Center /A	Indonesia	To determine the relationship between knowledge, family support, and health worker support simultaneously with pregnant women's compliance with iron tablets.	Quantitative-total sampling	Data collection techniques using questionnaires	103 respondents were pregnant women.	Themes found: <ol style="list-style-type: none"> 1. Family Support Respondents who receive good support from their families will be motivated and always remember the schedule for taking iron tablets. 2. Health Worker Support One of the roles of health workers is to provide information about the importance of blood supplements for pregnant women. 3. Mother's Knowledge The level of mother's knowledge influences the mother's attitude in consuming iron supplements.
A2	(Suminta Rotua Situmorang & Bintangdari Johan, 2024), Knowledge of Anemia and the Benefits of Iron, and Family Support for Hemoglobin Levels of Pregnant Women in Coastal Areas /B	Indonesia	To determine the relationship between knowledge about anemia and the benefits of iron and family support on the hemoglobin levels of pregnant women.	Quantitative-Simple Randomized sampling	Data collection techniques using questionnaires and digital hemometers.	63 respondents were pregnant women.	Themes found: <ol style="list-style-type: none"> 1. Mother's Knowledge Lack of knowledge, understanding or awareness of iron deficiency will impact the action of consuming iron-rich foods or consuming iron supplements to improve maternal iron status. 2. Family Support Families can provide support by reminding and directly monitoring pregnant women every day to consume iron-enriching tablets.
A3	(Rahmawati et al., 2024), Relationship between Knowledge, Attitude, and Family Support with Compliance in Consuming Iron Supplement Tablets in Pregnant	Indonesia	To determine the relationship between knowledge, attitudes, and family support with compliance in consuming iron-enriching tablets in	Quantitative-purposive sampling	Data collection techniques using questionnaires	44 respondents were pregnant women	Themes found: <ol style="list-style-type: none"> 1. Mother's Knowledge Knowledge is one of the factors that influences the compliance of pregnant women towards realizing healthy behavior. 2. Mother's attitude Pregnant women who have a good attitude will understand the importance of

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants/Sample Size	Result
	Women in the Third Trimester/B		pregnant women in the third trimester.				checking their pregnancy with health services and taking iron tablets. 3. Family Support Family support is a condition that is beneficial for an individual, obtained from other people who can be trusted, especially her own husband.
A4	(Aimi et al., 2023), Relationship of Knowledge, Attitude and Family Support with Compliance of Third Trimester Pregnant Women Consuming Iron Tablets/A	Indonesia	To determine the relationship between Knowledge, Attitude and Family Support with Compliance of Third Trimester Pregnant Women Consuming Iron Tablets.	Quantitative-purposive sampling	Data collection used questionnaire	65 respondents were pregnant women.	Themes found: 1. Mother's Knowledge The level of knowledge of mothers will change their understanding of the importance of consuming iron tablets. 2. Mother's attitude Non-compliance of pregnant women in taking iron tablets can reflect the majority of the chances of developing anemia in pregnancy. 3. Family Support Family support for mothers to improve compliance of pregnant women in consuming iron supplements.
A5	(Susanti et al., 2024), Relationship of Family Support with Compliance Fe Tablet Consumption in Pregnant Women at the Botolinggo Health Center /A	Indonesia	To determine the relationship between family support and compliance with Fe tablet consumption in pregnant women.	Quantitative-accidental sampling	Data collection used questionnaire	30 respondents were pregnant women.	Themes found: 1. Family Support Pregnant women who are not compliant in taking iron tablets due to lack of family support.
A6	(Mayasari et al., 2023), Relationship between Family Support and Compliance in Consuming Fe Tablets in	Indonesia	To determine the relationship between family support and compliance in consuming	Quantitative-total sampling	Data collection used questionnaire	32 respondents were pregnant women	Themes found: 1. Family Support Family support in the form of encouragement, attention, information, advice, motivation, or understanding given

No	Author/Year/ Title/ Grade	Country	Aim of Study	Type of Research	Data Collection	Participants/Sample Size	Result
	Pregnant Women with Anemia/A		iron tablets in pregnant women with anemia.				by family members so that pregnant women feel happy, safe and comfortable. So that pregnant women are motivated to improve their health by consuming iron tablets.
A7	(Ariska Fauzianty et al., 2024), Relationship Between Husband's Support and Compliance in Consuming Blood-Boosting Tablets in Pregnant Women/A	Indonesia	To explore the relationship between husband's support and compliance with iron supplement tablet consumption in pregnant women	Quantitative-purposive sampling	Data collection used questionnaire	52 respondents were pregnant women.	Themes found: 1. Husband's Support Husband is one of the factors that can encourage pregnant women to regularly consume iron tablets. The support given by the husband is in the form of instrumental support, appreciation, information and emotion that increases the mother's activeness to always regularly consume iron tablets.

Results and Discussion

Results

The findings of the articles all come from Indonesia. Based on the results of a critical review of 7 selected articles, all of them use quantitative research methods with cross-sectional designs, all research instruments use questionnaires, the difference is the sampling technique, namely, 6 articles use Non-Probability sampling techniques, and 1 other article uses Probability sampling techniques.

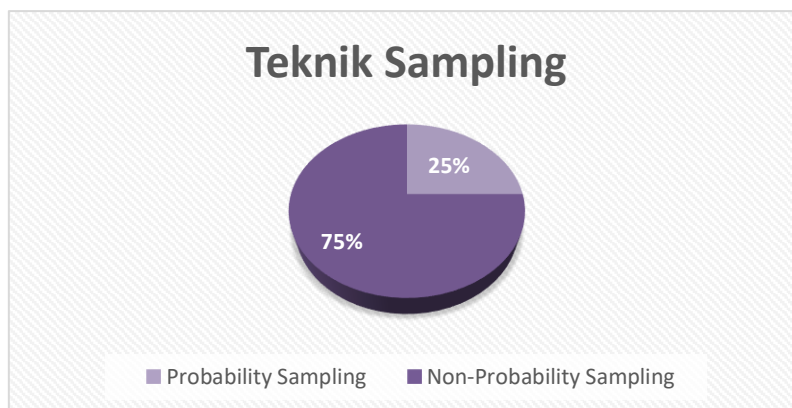


Figure 2. Study Design

The assessment results of all articles obtained a grade of A (Good) for 5 articles, a grade of B (Quite Good) for 2 articles, and no articles obtained a grade of C, all articles published in 2020-2025.

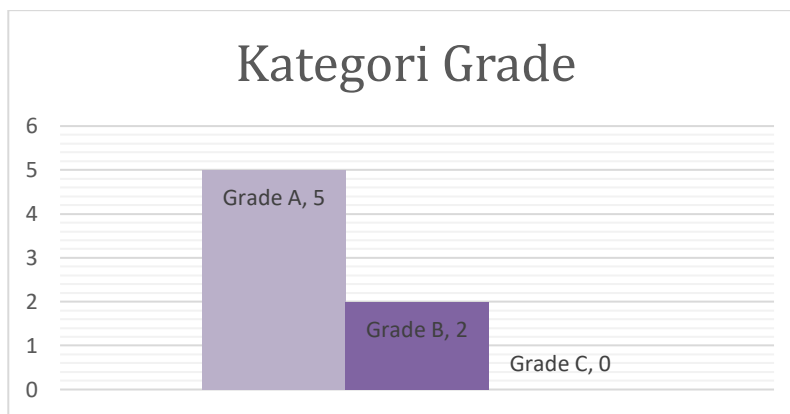


Figure 3. *Grade Article*

Discussion

Based on the results of the coverage of 7 articles, researchers drew several themes, including; family support, husband's support, health worker support, knowledge, and mother's attitude.

1. Family Support

Family support is very important for pregnant women in creating a physical and emotional environment so that blood-boosting tablets are routinely consumed. Family is the closest part of pregnant women (Adewiyah et al., 2024). Mothers will feel happy and calm if they receive attention and support from their family, because this support will create self-confidence and they will follow the suggestions given by the family to support the health of the mother and the baby she is carrying, in this case by consuming iron tablets (Lin et al., 2018).

The family support provided will make the mother feel strong and capable of undergoing a healthy pregnancy (Juniarti et al., 2024). The form of support provided can be informative, emotional, instrumental and assessment support (Bakhtiar et al., 2021).

According to the researcher's assumption, pregnant women who receive good support from their families will be motivated, always remember or be reminded of the schedule for taking iron tablets, as well as information about the benefits and dangers of not taking iron tablets.

2. Husband Support

The closest family support to pregnant women is the husband. Husband's support also plays an important role in determining the health status of the mother (Haryanti & Yuriah, 2025). The husband is the core family and the closest person to the mother, so husband's support is very necessary to prevent anemia in pregnant women. (Lutfita et al., 2023).

A husband who provides good support to a pregnant woman will create emotional benefits in the form of a feeling of comfort because he feels

protected, which will have an impact on the mother's actions or behavior in consuming iron tablets (Mardi Yanti et al., 2022).

Researchers assume that the involvement of the husband since the beginning of pregnancy will greatly influence the emotional maintenance of the pregnant mother to feel calm and confident. Especially if every family member expects the pregnancy, supports and even shows support in various ways. The pregnant mother will also feel more confident, happier during her pregnancy.

3. Support for Health Workers

Support from health workers in this case a midwife, providing education through counseling activities using leaflets about the importance of consuming iron tablets and the dangers of anemia in pregnant women is important for a midwife to increase the mother's knowledge and can influence the attitude of pregnant women in consuming iron tablets to help meet the nutritional needs of the mother and the fetus she is carrying and as an effort to prevent pregnant women from the risk of anemia (Aly et al., 2016).

The researcher assumes that as a midwife, who understands about health services, it is important to improve health services, one of which is by providing information about the importance of consuming iron tablets, how to consume iron tablets correctly, and the dangers of anemia. This information can be given to pregnant women, husbands, and families. That way, mothers also get support from their husbands and closest families.

4. Mother's knowledge

The knowledge of pregnant women is the basis for forming the mother's attitude in consuming iron-boosting tablets (Purba, 2020). A good level of knowledge of pregnant women about iron supplements can form a positive attitude in consuming iron supplements. Without knowledge about consuming iron supplements, it is difficult for mothers to instill the habit of consuming iron supplements (Mutiarra et al., 2023). The higher the level of knowledge of pregnant women, the more likely pregnant women are to have a positive attitude in choosing the best alternative for the child to be born and focus on preventing anemia due to iron deficiency in pregnant women, namely by consuming iron-enriching tablets (Warizqin Karima et al., 2023).

Researchers assume that the low level of knowledge of pregnant women about the importance of consuming iron tablets is due to the lack of curiosity of mothers about the importance of consuming iron tablets during pregnancy.

5. Mother's attitude

A mother's attitude in consuming iron tablets can be seen from the mother's perspective and response in consuming iron tablets. The mother's negative attitude will affect the mother's low compliance in consuming the iron tablets given (Pratiwi et al., 2024).

The attitude of pregnant women in consuming iron tablets can be influenced by their knowledge, understanding or awareness of the importance of consuming iron tablets will have an impact on their attitude in consuming iron tablets (Sri Wahyuni et al., 2022). Good knowledge of pregnant women will lead to a tendency to increase alertness in their behavior (Munir et al., 2024).

According to the researcher's assumption, attitude greatly influences compliance with iron supplement tablet consumption. Because attitude is directly proportional to compliance with iron supplement tablet consumption, it means that the more positive the mother's attitude, the higher the mother's

compliance level will be. Likewise, if the pregnant mother's attitude is negative, then the compliance with iron tablet consumption will also be low.

Conclusion

Pregnant women's compliance in consuming iron tablets routinely according to the recommendations of health workers really needs the support and assistance of their husbands or families. Forms of family support for mothers' compliance in consuming iron tablets can be in the form of reminding and accompanying mothers when consuming iron tablets.

The results of the article review found a gap that all articles obtained came from Indonesia, this is because researchers have difficulty finding articles from foreign countries. Of the 7 articles, none of the articles discussed the husband participants, this is a concern for researchers. Further researchers need to involve husband participants of pregnant women. Because in addition to family support, husband support is also very important in motivating mothers to routinely consume iron tablets. Then all studies use quantitative research methods, so further research needs to use qualitative research methods.

It is hoped that this research can be a consideration for related health workers in providing counseling and education to pregnant women so that they can focus more on providing education about anemia and its impacts, as well as the importance of family support while the mother is taking iron tablets.

Conflict of interest statement

The authors declared that they have no competing interests.

Statement of authorship

The authors have a responsibility for the conception and design of the study. The authors have approved the final article.

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