

CHAPTER V. CLOSING

A. Conclusion

1. Based on the characteristics of the respondents, the majority of pregnant women were aged 17–25 years (73.0%). Most had a high school education level (76.7%), and the majority of respondents had a family income exceeding Rp2,338,410. Furthermore, the majority of respondents were in their 14th week of pregnancy or more (57.5%), and the majority experienced moderate anemia (81.7%).
2. Based on the results of the univariate analysis, most pregnant women demonstrated good knowledge regarding tea consumption, totaling 60 respondents (50.0%). The majority of these pregnant women exhibited a sufficient attitude towards tea consumption, comprising 68 pregnant women (56.7%), and most respondents displayed a sufficient behavior regarding tea consumption, accounting for 71 respondents (59.2%).

B. Suggestion

1. For Pregnant Women

It is hoped that pregnant women, in particular, will be able to appropriately manage the timing of their tea consumption relative to their meals during pregnancy to mitigate the risk of anemia.

2. For Educational Institutions

It is hoped that educational institutions can utilize this research as a reference for students in addressing issues related to pregnant women.

3. For Health Institutions

It is expected that health professionals at Kedungbanteng Community Health Center can provide pregnant women with knowledge regarding proper daily nutritional intake and elucidate the appropriate timing for tea consumption.

4. For Future Researchers

It is hoped that this study can be further developed to identify the underlying factors contributing to anemia in pregnant women who already possess adequate knowledge, attitudes, and behaviors concerning their health.