

GAMBARAN PELAKSANAAN PROGRAM PEMBERIAN TABLET TAMBAH DARAH REMAJA PUTRI DI PUSKESMAS MINGGIR PADA MASA PANDEMI COVID 19

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ABSTRAK

Latar belakang: Anemia merupakan masalah gizi yang disebabkan karena kekurangan zat besi. Berdasarkan hasil riskesdas (2018) prevalensi anemia di Indonesia pada remaja putri dan ibu hamil masing masing sebesar 48,9% dan 46,9%. Pembatasan sosial pada masa pandemi COVID-19 merupakan hambatan distribusi Fe.

Tujuan : Mengetahui pengetahuan dan kepatuhan remaja putri dalam mengkonsumsi tablet Fe serta distribusi Fe pada masa pandemi COVID-19.

Metode : Penelitian ini adalah penelitian kuantitatif-kualitatif yang dilaksanakan di wilayah kerja Puskesmas Minggir Kabupaten Sleman, Yogyakarta pada bulan November-Desember 2021. Penelitian kuantitatif dilakukan untuk mengetahui pengetahuan dan kepatuhan remaja putri dalam mengkonsumsi Fe. Subyek ditentukan dengan cara multistage meliputi pemilihan desa di wilayah kerja Puskesmas Minggir, lalu dilanjutkan dengan penentuan subyek penelitian. Berdasarkan rumus Lemeshow dengan p 0,15 maka diperoleh sampel sebanyak 33. Sampel ditentukan dengan cara simple random sampling dengan kriteria inklusi remaja yang berusia 10-19 tahun dan mendapatkan TTD selama penelitian, bersedia menjadi responden dan tinggal di Desa Sendangmulyo. Pengetahuan diukur dengan cara wawancara dengan kuesioner terstruktur dengan jumlah soal 30 soal, sedangkan kepatuhan konsumsi Fe diukur dengan cara menghitung TTD yang diberi dengan yang dikonsumsi. Data dianalisis dengan SPSS versi 21. Sedangkan penelitian kualitatif bertujuan untuk mengetahui distribusi Fe selama pandemi COVID-19. Informant adalah ahli gizi, petugas promkes dan kader remaja Puskesmas Minggir.

Hasil : Sebagian besar pengetahuan responden baik (69,7%) dan kepatuhan remaja putri dalam mengkonsumsi Fe dalam kategori patuh (72,8%). Distribusi Fe selama pandemi COVID-19 dilakukan dengan cara aktif, artinya kader remaja mengambil TTD di Puskesmas lalu membagikannya kepada teman-temannya.

Kesimpulan : Sebagian besar remaja putri berpengetahuan baik dan patuh mengkonsumsi tablet tambah darah.

Kata kunci : tablet tambah darah; anemia; pelaksanaan; pengetahuan; kepatuhan

DESCRIPTION OF THE IMPLEMENTATION OF A TABLET ADDITIONAL BLOOD PROGRAM FOR ADOLESCENT WOMEN AT THE MINGGIR HEALTH CENTER DURING THE COVID-19 PANDEMIC

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ABSTRACT

Background: *Anemia is a nutritional problem caused by iron deficiency. Based on Riskesdas 2018, the prevalence of adolescent anemia and pregnancy in Indonesia was 48.9% and 46.9% respectively. Iron supplementation program (namely Tablet Tambah Darah or TTD) was the famous intervention to prevent anemia. Due to social restriction on pandemic COVID-19 there are constraints on the Fe distribution.*

Objective : Knowing the knowledge and compliance of young women in consuming Fe tablets and the distribution of Fe during the COVID-19 pandemic.

Methods : *This was a quantitative and qualitative design conducted in the working area of the Minggir Health Center, Sleman Regency, Yogyakarta in November-December 2021. Quantitative research was conducted to determine the knowledge and compliance of young women in consuming Fe. Subjects were determined using a multistage method, including village selection in the working area of the Minggir Health Center, followed by determining the research subjects. Based on the Lemeshow formula with $p < 0.15$, a sample of 33 was obtained. The sample was determined by simple random sampling with the inclusion criteria of adolescents aged 10-19 years and getting TTD during the study, willing to be respondents and living in Sendangmulyo Village. Knowledge is measured by means of interviews with a structured questionnaire with a total of 30 questions, while compliance with Fe consumption is measured by calculating the TTD given by the one consumed. The data were analyzed using SPSS version 21. While the qualitative research was aimed at determining the distribution of Fe during the COVID-19 pandemic. Informants are nutritionists, health promotion officers and youth cadres at Minggir Health Center.*

Results: *The implementation of the blood supplement tablet administration program went well, indicated by good knowledge (69.7%) and adherence to adolescent girls at Minggir Health Center (72.8%).*

Conclusion: *Most of the young women have good knowledge and are obedient to taking blood-added tablets.*

Keywords : blood supplement tablet, anemia, implementation, knowledge, compliance