

## **KAJIAN TINGKAT KEPATUHAN REMAJA PUTRI DALAM MENGKONSUMSI TABLET TAMBAH DARAH DI DESA SENTOLO**

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### **ABSTRAK**

**Latar Belakang :** Prevalensi anemia remaja di Desa Sentolo sekitar 23% dari 927 remaja yang diperiksa. Sedangkan remaja yang mengkonsumsi tablet tambah darah kurang dari yang dianjurkan sebanyak 98,6%. Hal tersebut menunjukkan tingkat kepatuhan remaja putri di Desa Sentolo masih rendah.

**Tujuan :** Mengetahui tingkat kepatuhan remaja putri dalam mengkonsumsi tablet tambah darah di Desa Sentolo berdasarkan distribusi remaja putri menurut usia dan jumlah tablet yang dikonsumsi.

**Metode :** Jenis penelitian ini adalah deskriptif dengan menggunakan desain *cross sectional*, lokasi penelitian ini di Desa Sentolo. Sampel penelitian ini berjumlah 30 remaja putri dengan kriteria remaja berusia 14-18 tahun, sudah mendapatkan tablet tambah darah dan bersedia menjadi responden.

**Hasil :** Remaja putri yang tidak patuh mengkonsumsi tablet tambah darah 96,7%. Remaja putri yang tidak patuh secara umum berusia > 15 tahun. Remaja putri yang mengkonsumsi tablet tambah darah 1 tablet/minggu sebanyak 70% dan remaja yang mengkonsumsi 1 tablet/hari secara rutin selama menstruasi sebanyak 3,3%.

**Kesimpulan :** Sebagian besar remaja putri di Desa Sentolo tidak patuh mengkonsumsi tablet tambah darah, sebagian besar remaja yang tidak patuh adalah usia remaja tengah dan remaja akhir (15-18 tahun), sebagian besar remaja patuh mengkonsumsi tablet tambah darah 1 tablet/minggu dan sebagian besar remaja putri tidak patuh mengkonsumsi tablet tambah darah secara rutin selama menstruasi 1 tablet/hari.

**Kata kunci:** Anemia Remaja, Kepatuhan, Tablet Tambah Darah

## STUDY OF THE LEVEL OF ADHERENCE OF YOUNG WOMEN IN CONSUMING BLOOD TABLETS IN SENTOLO VILLAGES

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### ABSTRACT

**Background:** The prevalence of anemia in adolescents in Sentolo Village, about 23% of 927 adolescents were examined. Whereas adolescents who consume tablets add blood are less than recommended as much as 98.6%. This shows that the level of adherence of young women in Sentolo Village is still low.

**Objective:** To determine the adherence level of adolescent girls in consuming blood tablets in Sentolo Village based on the characteristics of young women, namely age and number of tablets consumed.

**Method:** This type of research is descriptive using a cross sectional design, the location of this study is in Sentolo Village. The sample of this study amounted to 30 young women with the criteria of adolescents aged 14-15 years, had received tablets of blood and were willing to become respondents.

**Results:** Adolescent girls who did not comply consume blood-added tablets 96.7%. Young women who are not patih are generally > 15 years old. Young women who consume tablets add blood 1 tablet / week as much as 70% and adolescents who consume 1 tablet / day regularly during menstruation as much as 3.3%.

**Conclusion:** Most of the adolescent girls in Sentolo Village did not adhere to consuming blood tablets, most adolescents who did not comply were middle teens and late adolescents (15-18 years), most of whom adhered to taking tablets plus 1 tablet / week and most of them adolescent girls do not adhere to consuming blood tablets regularly during menstruation 1 tablet / day.

**Keywords:** Anemia Adolescents, Compliance, Add Blood Tablets