

## **GAMBARAN TINDAKAN PENCEGAHAN ANEMIA PADA REMAJA PUTRI KELAS XII DI SMA NEGERI 1 JETIS BANTUL**

Arlita Noviani<sup>1</sup>, Sumarah<sup>2</sup>, Yuliantisari Retnaningsih<sup>3</sup>

<sup>1,2,3</sup>Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta, Jl. Mangkuyudan MJ  
III/304 Mantrijeron, Yogyakarta, 55143

Email: [litavia67@gmail.com](mailto:litavia67@gmail.com)

### **ABSTRAK**

**Latar Belakang:** Anemia defisiensi besi merupakan kondisi tidak cukupnya cadangan zat besi dalam tubuh. Anemia pada remaja putri dapat berdampak terhadap gangguan pertumbuhan serta gangguan kinerja fisik dan kognitif. Sebanyak 18,4% remaja di SMA N 1 Jetis mengalami anemia. Pencegahan anemia dalam jangka panjang seperti pendampingan konsumsi tablet Fe, penerapan pola makan dan aktifitas fisik yang baik diperlukan untuk mencegah terjadinya anemia defisiensi besi pada remaja putri.

**Tujuan:** Mengetahui tindakan pencegahan anemia pada remaja putri kelas XII di SMA Negeri 1 Jetis Bantul

**Metode:** Metode yang digunakan adalah penelitian deskriptif dengan desain penelitian *cross sectional*. Instrument yang digunakan adalah alat pengukur kadar Hb dan kuisioner. Hasil dianalisis menggunakan teknik analisis univariat.

**Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki kadar Hb normal yaitu sebanyak 113 responden (71,5%). Tindakan pencegahan anemia yang dilakukan remaja putri sebagian besar dalam kategori cukup yaitu sebanyak 119 responden (64,0%). Sebagian besar remaja putri memiliki perilaku tidak patuh dalam mengkonsumsi TTD yaitu sebanyak 95 responden (51,1%). Remaja putri yang dengan tindakan pencegahan anemia cukup sebagian besar memiliki kadar Hb normal sebanyak 87 responden (65,4%). Remaja putri yang tidak patuh dalam mengkonsumsi TTD sebagian besar mengalami anemia sebanyak 36 responden (67,9%).

**Kesimpulan:** Kesimpulan dalam penelitian ini adalah sebagian besar responden mempunyai tindakan pencegahan anemia cukup dan juga memiliki perilaku tidak patuh dalam mengkonsumsi tablet tambah darah.

**Kata Kunci:** Tindakan pencegahan, Anemia remaja

## OVERVIEW OF ACTION TO PREVENTING ANEMIA OF ADOLESCENT GIRL IN CLASS XII AT SMA NEGERI 1 JETIS BANTUL

Arlita Noviani<sup>1</sup>, Sumarah<sup>2</sup>, Yuliantisari Retnaningsih<sup>3</sup>

<sup>1,2,3</sup>Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta, Jl. Mangkuyudan MJ  
III/304 Mantrijeron, Yogyakarta, 55143

Email: [litavia67@gmail.com](mailto:litavia67@gmail.com)

### ABSTRACT

**Background:** Iron deficiency anemia is a condition where there is not enough iron in the body. Anemia in young women can have an impact on growth disorders and impaired physical and cognitive performance. As many as 18.4% of teenagers at SMA N 1 Jettis have anemia. Prevention of anemia in the long term, such as assisting with the consumption of Fe tablets, adopting a good diet and physical activity is needed to prevent deficiency anemia other than in young girls.

**Objective:** To know the action to prevent anemia in class XII girls at SMA Negeri 1 Jetis, Bantul

**Method:** The method used is descriptive research with a cross sectional research design. The instruments used were Hb level measuring devices and questionnaires. Results were analyzed using univariate analysis techniques.

**Results:** The results showed that the majority of respondents had normal Hb levels, namely 113 respondents (71.5%). Most of the preventive measures for anemia carried out by young women were in the sufficient category, namely 119 respondents (64.0%). The level of compliance with the consumption of iron tablets mostly had disobedient behavior, namely as many as 95 respondents (51.1%).

Most of the young women with adequate anemia prevention measures had normal Hb levels as many as 87 respondents (65.4%). Adolescent girls who are not compliant in consuming iron tablets mostly experience anemia as many as 36 respondents (67.9%).

**Conclusion:** The conclusion in this study is that the majority of respondents have sufficient anemia prevention measures and also have non-adherent behavior in consuming iron tablets.

**Keywords:** Precautions, Adolescent Anemia