RELATIONSHIP BETWEEN SUPPORT OF UKS TEACHER WITH COMPLIANCE OF IRON SUPLEMENTATION CONSUMPTION IN FEMALE STUDENTS OF 4 WATES JUNIOR HIGH SCHOOL IN KULON PROGO 2020

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ABSTRACT

Background: Anemia in young women can be bad for health. Starting in 2013, the Government of Kulon Progo Regency implemented a program to add blood tablets to junior high / high school / equivalent students, but only 1.4% consumed according to the target. The role of UKS teacher in schools is very important because with the support of UKS teacher in schools that remind young women to consume TTD and provide information about TTD can provide a positive attitude in young women who will manifest positive behavior too, that is to obey to consume TTD as recommended. Based on this background the researchers wanted to conduct a study to find out the relationship between UKS teacher support and adherence to the consumption of added blood tablets in 4 Wates Junior High School Kulon Progo in 2020.
Objective: Knowing the relationship between the UKS (School Health Efforts) teacher support with the adherence of blood-added tablets (TTD) consumption for female students at Junior High School 4 Wates in Kulon Progo.
Methods: This study was an observational analytic study using a cross-sectional design with a total sample of 82 students taken by simple random sampling. Data collection format with Google form and it was analyzed bivariate using Chi-square.
Results: Univariate statistical tests showed that there were more students who claimed to have enough support from UKS teacher compared to students who did not have support from UKS teacher, 46 students (56.1%) compared to 36 students (43.9%) who did not receive enough support from UKS teacher. There was a significant relationship between the support of UKS teacher with adherence to the consumption of added blood tablets (p-value 0,000).
Conclusion: There was a relationship between the support of UKS teacher with the adherence to the consumption of added blood tablets. Inadequate support from UKS teacher increases the non-compliance of students in taking blood-added tablets.

Keywords: blood tablet supplement adherence, uks teacher support, cross-sectional

HUBUNGAN DUKUNGAN GURU UKS (USAHA KESEHATAN SEKOLAH) DENGAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH (TTD) PADA SISWI SMP NEGERI 4 WATES DI KULON PROGO TAHUN 2020

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ABSTRAK

Latar Belakang: Anemia pada remaja putri dapat berdampak buruk bagi kesehatan. Mulai tahun 2013 Pemerintah Kabupaten Kulon Progo melaksanakan program pemberian tablet tambah darah pada siswi SMP/SMA/sederajat, namun yang mengonsumsi sesuai target hanya 1,4%. Peran guru UKS di sekolah sangat penting karena dengan adanya dukungan guru UKS di sekolah yang mengingatkan remaja putri mengonsumsi TTD serta memberikan informasi mengenai TTD dapat memberikan sikap positif dalam diri remaja putri yang akan mewujudkan perilaku positif patuh mengonsumsi TTD sesuai anjuran. Berdasarkan latar belakang tersebut peneliti ingin melakukan penelitian untuk mengetahui hubungan dukungan Guru UKS dengan kepatuhan konsumsi tablet tambah darah di SMP Negeri 4 Wates Kulon Progo tahun 2020.
Tujuan: Mengetahui hubungan dukungan Guru UKS (Usaha Kesehatan Sekolah) dengan kepatuhan konsumsi tablet tambah darah (TTD) pada siswi SMP Negeri 4 Wates di Kulon Progo.
Metode: Penelitian ini adalah penelitian analitik observasional menggunakan desain *Cross-sectional* dengan jumlah sampel sebanyak 82 siswi yang diambil secara *simple random sampling*. Format pengumpulan data dengan *Google form* dan dianalisis bivariat menggunakan *Chi-square.*
Hasil: Uji statistik *univariat* menunjukan bahwa siswi yang mengaku mendapatkan cukup dukungan dari Guru UKS lebih banyak yakni 46 siswi (56,1%) dibandingkan dengan siswi yang mengaku tidak cukup mendapatkan dukungan dari Guru UKS sebanyak 36 responden (43,9%). Ada hubungan yang bermakna antara dukungan Guru UKS dengan kepatuhan konsumsi tablet tambah darah (*p-value* 0,000).
Kesimpulan: Ada hubungan antara dukungan Guru UKS dengan kepatuhan konsumsi tablet tambah darah. Ketidakcukupan dukungan Guru UKS meningkatkan ketidakpatuhan siswi dalam mengonsumsi tablet tambah darah.

Kata Kunci: kepatuhan konsumsi tablet tambah darah, dukungan guru uks, *cross-sectional*