

**COMPLIANCE WITH IRON SUPPLEMENT CONSUMPTION THROUGH
PEER GROUP EDUCATION AMONG FEMALE ADOLESCENTS
AT SMP NEGERI 1 PUNDONG, BANTUL**

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ABSTRACT

Background: Anemia was a common health problem among adolescent girls in Indonesia, including in Bantul Regency, which had a prevalence rate of 28.30%. One way to address this issue was by providing iron and folic acid supplements, known as Tablet Tambah Darah (TTD). However, the level of adherence to taking TTD was still low. Educational methods involving peer groups were considered effective in improving compliance among adolescents.

Objective: This study aimed to determine the effect of peer group education on adherence to iron supplement consumption among female adolescents.

Methods: This study used a quasi-experimental design with a post-test only control group. The population consisted of seventh-grade female students from SMP Negeri 1 and SMP Negeri 2 Pundong. A total of 82 respondents were selected using proportional random sampling, with 41 participants in both the experimental and control groups. The intervention, in the form of peer group education, was carried out for one month. The instrument used in this study was the Morisky Medication Adherence Scale (MMAS-8). Data were analyzed using the Shapiro-Wilk normality test and the Mann-Whitney U test.

Results: The homogeneity test showed a p -value > 0.05 , indicating that the characteristics of respondents in both groups were homogeneous. The average compliance score in the experimental group was 6.46 (moderate), while in the control group it was 5.20 (low). The Mann-Whitney U test showed a significant difference between the experimental and control groups regarding TTD consumption compliance ($p = 0.000$).

Conclusion: Peer group education significantly improves adherence to iron supplement consumption among female adolescents at SMP Negeri 1 Pundong.

Keywords: Peer group education, adolescent girls, adherence, iron supplements.

**KEPATUHAN KONSUMSI TABLET TAMBAH DARAH
MELALUI EDUKASI *PEER GROUP* PADA REMAJA
PUTRI DI SMP NEGERI 1 PUNDONG BANTUL**

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ABSTRAK

Latar Belakang: Anemia merupakan salah satu masalah kesehatan yang banyak dialami oleh remaja putri di Indonesia, di Kabupaten Bantul prevalensi anemia tahun 2023 sebesar 28,30%. Salah satu upaya penanggulangannya adalah dengan pemberian Tablet Tambah Darah (TTD), namun tingkat kepatuhan konsumsi TTD masih rendah. Pendekatan edukatif yang melibatkan peran teman sebaya (*peer group*) dinilai mampu meningkatkan kepatuhan konsumsi TTD pada remaja.

Tujuan: Mengetahui pengaruh edukasi *peer group* terhadap kepatuhan konsumsi tablet tambah darah pada remaja putri.

Metode: Penelitian ini menggunakan desain *quasi eksperiment* dengan pendekatan *post-test only with control group design*, dilaksanakan pada September 2024 sampai dengan Juni 2025. Populasi dalam penelitian ini adalah remaja putri kelas VII di SMP I dan II Negeri Pundong, pengambilan sampel dengan teknik *proportional random sampling* terdiri dari 82 responden, masing-masing 41 responden pada kelompok eksperimen dan kontrol. Intervensi berupa edukasi *peer group* dilakukan selama satu bulan. Instrumen pada penelitian ini menggunakan *Morisky Medication Adherence Scale* (MMAS-8). Data dianalisis menggunakan uji normalitas *Shapiro-Wilk* dan uji *Mann-Whitney*.

Hasil: Hasil uji homogenitas p nilai ($> 0,05$) menunjukkan bahwa karakteristik responden antara kelompok eksperimen dan kontrol homogen. Tingkat kepatuhan sesudah edukasi pada kelompok eksperimen sedang sedangkan kelompok kontrol rendah. Analisis *Mann-Whitney* menunjukkan adanya perbedaan yang signifikan antara kelompok eksperimen dan kontrol dalam hal kepatuhan konsumsi TTD ($p = 0,000$).

Kesimpulan: Ada pengaruh pemberian edukasi *peer group* terhadap kepatuhan konsumsi tablet tambah darah di SMP Negeri 1 Pundong.

Kata kunci: Edukasi *peer group*, remaja putri, kepatuhan, tablet tambah darah.