

**ASSESSMENT OF KNOWLEDGE AND ADHERENCE OF BLOOD
ADDITION TABLET CONSUMPTION IN ADOLESCENT GIRLS IN
BANGUNJIWO VILLAGE, KASIHAN, BANTUL**

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ABSTRACT

Background: Anemia is a body condition characterized by hemoglobin (Hb) levels in the blood lower than the normal limit (12 – 15 gr/dl). One of the efforts made by the Indonesian government to overcome the problem of anemia is the provision of Blood Addition Tablets (TTD) or iron tablets to adolescent girls. Based on data from the Indonesian Health Survey 2023, in the province of Yogyakarta it was 77.2%. The coverage of TTD in adolescent girls in Bantul Regency in 2022 is 75.69%.

Objective: To determine the level of knowledge and compliance of blood supplement tablets consumption among adolescent girls in Bangunjiwo Village, Kasihan District, Bantul Regency.

Methods: This study was conducted using descriptive method with cross sectional approach. This study used simple random sampling technique. The sample size was 65 adolescent girls. the instrument used in this study was a questionnaire. Data analysis using descriptive analysis.

Results: The results showed that junior high school girls were 32 (49%) respondents and high school girls were 33 (51%) respondents. Adolescent girls who have good knowledge were 59 (91%) respondents and poor knowledge were 6 (9%) respondents. Adolescent girls who received blood supplement tablets were 53 (82%) respondents and those who did not receive as many as 12 (18%) respondents. Adolescent girls who complied with taking blood supplement tablets were 51 (78%) respondents and those who did not comply with taking as many as 14 (22%) respondents.

Conclusion: Most adolescent girls have good knowledge and good consumption compliance.

Keywords: adolescents, knowledge, compliance, anemia, blood supplement tablets

**KAJIAN PENGETAHUAN DAN KEPATUHAN KONSUMSI TABLET
TAMBAH DARAH PADA REMAJA PUTRI DI DESA BANGUNJIWO,
KASIHAN, BANTUL**

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ABSTRAK

Latar belakang: Anemia merupakan kondisi tubuh yang ditandai dengan kadar hemoglobin (Hb) dalam darah lebih rendah dari batas normal (12 – 15 gr/dl). Salah satu upaya yang dilakukan pemerintah Indonesia untuk mengatasi masalah anemia yaitu pemberian Tablet Tambah Darah (TTD) atau tablet zat besi pada remaja putri. Berdasarkan data Survey Kesehatan Indonesia 2023, di provinsi DIY sebesar 77,2%. Cakupan pemberian TTD pada remaja putri di Kabupaten Bantul pada tahun 2022 adalah 75,69%

Tujuan: Untuk mengetahui tingkat pengetahuan dan kepatuhan konsumsi tablet tambah darah pada remaja putri di Desa Bangunjiwo, Kapanewon Kasihan, Kabupaten Bantul.

Metode: Penelitian ini dilakukan menggunakan metode deskriptif dengan pendekatan *cross sectional*. Penelitian ini menggunakan teknik *simple random sampling*. Jumlah sampel yaitu 65 remaja putri. instrumen yang digunakan dalam penelitian ini adalah kuesioner. Analisis data menggunakan analisis deskriptif.

Hasil: Hasil penelitian menunjukkan bahwa remaja putri tingkat SMP sebanyak 32 (49%) responden dan tingkat SMA sebanyak 33 (51%) responden. Remaja putri yang memiliki pengetahuan baik sebanyak 59 (91%) responden dan pengetahuan yang kurang baik sebanyak 6 (9%) responden. Remaja putri yang menerima tablet tambah darah sebanyak 53 (82%) responden dan yang tidak menerima sebanyak 12 (18%) responden. Remaja putri yang patuh mengonsumsi tablet tambah darah sebanyak 51 (78%) responden dan yang tidak patuh mengonsumsi sebanyak 14 (22%) responden.

Kesimpulan: Sebagian besar remaja putri memiliki pengetahuan yang baik dan kepatuhan konsumsi yang baik.

Kata Kunci: remaja, pengetahuan, kepatuhan, anemia, tablet tambah darah