

PENGARUH TTD *CHALLENGE BOARD* TERHADAP TINGKAT KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA REMAJA PUTRI DI SMP NEGERI 1 MLATI

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ABSTRAK

Latar Belakang: Anemia pada remaja putri masih menjadi masalah kesehatan yang cukup tinggi, salah satunya disebabkan oleh rendahnya kepatuhan konsumsi Tablet Tambah Darah (TTD). Upaya peningkatan kepatuhan diperlukan melalui inovasi media yang menarik, salah satunya dengan seperti *TTD challenge board*.

Tujuan: Penelitian ini bertujuan mengetahui pengaruh penggunaan *TTD challenge board* terhadap tingkat kepatuhan konsumsi tablet tambah darah pada remaja putri di SMP Negeri 1 Mlati.

Metode: Penelitian ini menggunakan desain kuantitatif, metode kuasi eksperimen, rancangan *Non-Equivalent with Control Group Design* dengan pretest dan posttest. Penelitian dilaksanakan bulan Januari–April 2026. Populasi penelitian siswi kelas VII, dengan 80 responden menggunakan teknik *purposive sampling*. Penelitian ini menggunakan media *TTD challenge board* pada kelompok intervensi, kelompok kontrol diberikan pendidikan kesehatan PPT. Penelitian menggunakan kuesioner *MMAS-8*, analisis data uji *wilcoxon* dan *mann–whitney*.

Hasil: Hasil uji *wilcoxon signed rank test* menunjukkan adanya perbedaan signifikan tingkat kepatuhan sebelum dan sesudah intervensi pada kelompok intervensi ($p = 0,000$) dan kelompok kontrol ($p = 0,013$). Selanjutnya, hasil uji *Mann–Whitney U Test* menunjukkan terdapat perbedaan yang signifikan antara kelompok intervensi dan kelompok kontrol ($p = 0,000$).

Kesimpulan: *TTD challenge board* berpengaruh dalam meningkatkan tingkat kepatuhan konsumsi tablet tambah darah pada remaja putri, sehingga dapat digunakan sebagai media inovatif berbasis gamifikasi dalam program kesehatan di sekolah.

Kata Kunci: Kepatuhan Tablet Tambah Darah, Remaja Putri

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**THE EFFECT OF THE “TTD CHALLENGE BOARD” ON THE
ADHERENCE LEVEL IN CONSUMING IRON SUPPLEMENT
TABLETS OF ADOLESCENT GIRLS AT SMP NEGERI 1 MLATI**

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ABSTRACT

Background: Anemia among adolescent girls remains a significant health problem, one of which is caused by low adherence to Iron Supplement Tablet (IST) consumption. Efforts to improve adherence are needed through innovative and engaging media, one of which is a TTD challenge board.

Objective: This study aimed to determine the effect of the TTD challenge board on the adherence in consuming iron supplement tablets of adolescent girls at SMP Negeri 1 Mlati.

Methods: This study employed a quantitative research design with a quasi-experimental method using a Non-Equivalent Control Group Design with pretest and posttest. The study was conducted from January to April 2026. The population consisted of seventh-grade female students, as many as 80 respondents selected using purposive sampling. The intervention group received the TTD challenge board media, while the control group received health education through PowerPoint presentations. Data were collected using the MMAS-8 questionnaire and analyzed using the Wilcoxon Signed Rank Test and Mann–Whitney U Test.

Results: The results of the Wilcoxon Signed Rank Test showed a significant difference in adherence levels before and after the intervention in both the intervention group ($p = 0.000$) and the control group ($p = 0.013$). Furthermore, the Mann–Whitney U Test showed a significant difference between the intervention and control groups ($p = 0.000$).

Conclusion: The TTD challenge board was effective in improving adherence to iron supplement tablet consumption among adolescent girls and can be used as an innovative gamification-based media in school health programs.

Keywords: Adherence Iron Supplement Tablets, Adolescent Girls

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