

# KAJIAN TINGKAT PENGETAHUAN ANEMIA DAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA REMAJA PUTRI DI DESA SIDOHARJO, KECAMATAN SAMIGALUH, KABUPATEN KULON PROGO

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## ABSTRAK

**Latar Belakang:** Anemia merupakan suatu keadaan dimana komponen di dalam darah yaitu hemoglobin (Hb) dalam darah jumlahnya kurang dari kadar normal (12 g/dL). Prevalensi anemia pada remaja putri di Kabupaten Kulon Progo mencapai 43,67%, tertinggi di Daerah Istimewa Yogyakarta. Tablet Tambah Darah telah diprogramkan pemerintah sebagai upaya pencegahan, namun kepatuhan konsumsi di kalangan remaja masih rendah. Pengetahuan tentang anemia dan kepatuhan konsumsi tablet tambah darah (TTD) merupakan faktor penting dalam pencegahan anemia.

**Tujuan:** Penelitian ini bertujuan untuk mengkaji tingkat pengetahuan anemia dan kepatuhan konsumsi tablet tambah darah pada remaja putri di Desa Sidoharjo, Kecamatan Samigaluh, Kabupaten Kulon Progo.

**Metode:** Penelitian ini menggunakan desain *cross sectional* dengan pendekatan deskriptif kuantitatif. Sampel penelitian sebanyak 60 remaja putri usia 12-19 tahun di Desa Sidoharjo yang diambil menggunakan teknik *total sampling*. Analisis pengetahuan dilakukan pada 60 responden, sedangkan analisis kepatuhan dilakukan pada 58 responden yang memperoleh TTD. Pengumpulan data menggunakan kuesioner pengetahuan anemia (15 soal) dan kuesioner kepatuhan konsumsi tablet tambah darah.

**Hasil:** Sebagian besar responden memiliki tingkat pengetahuan baik, yaitu 43 (71,7%) responden. Sebanyak 58 (96,7%) responden memperoleh TTD. Dari 58 responden tersebut, sebanyak 42 (72,41%) responden patuh dan 16 (27,58%) responden tidak patuh mengonsumsi TTD. Alasan utama ketidakpatuhan adalah efek samping berupa mual (44,4%) dan rasa tidak enak (44,4%).

**Kesimpulan:** Sebagian besar remaja putri di Desa Sidoharjo memiliki tingkat pengetahuan yang baik tentang anemia dan tergolong patuh dalam mengonsumsi tablet tambah darah. Namun, masih diperlukan peningkatan edukasi dan pemantauan untuk mengatasi hambatan kepatuhan seperti efek samping yang dirasakan.

**Kata Kunci:** Anemia, pengetahuan, kepatuhan, tablet tambah darah, remaja putri.

**STUDY OF KNOWLEDGE LEVEL OF ANEMIA AND COMPLIANCE  
WITH IRON SUPPLEMENT CONSUMPTION AMONG ADOLESCENT  
GIRLS IN SIDOHARJO VILLAGE, SAMIGALUH SUBDISTRICT,  
KULONPROGO REGENCY**

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**ABSTRACT**

**Background:** Anemia is a condition in which the hemoglobin (Hb) component of the blood is below the normal level (12 g/dL). The prevalence of anemia among adolescent girls in Kulon Progo Regency reaches 43.67%, the highest in the Special Region of Yogyakarta. Iron Supplement Tablets have been programmed by the government as a preventive effort, yet consumption compliance among adolescents remains low. Knowledge about anemia and compliance with iron supplement consumption are important factors in anemia prevention.

**Objective:** This research aims to examine the level of knowledge about anemia and compliance with iron supplement consumption among adolescent girls in Sidoharjo Village, Samigaluh Subdistrict, Kulon Progo Regency.

**Methods:** This research employed a cross-sectional design with a quantitative descriptive approach. The study sample consisted of 60 adolescent girls aged 12–19 in Sidoharjo Village, selected using total sampling. Knowledge analysis was conducted on all 60 respondents, whereas adherence analysis was performed on the 58 respondents who received blood-supplementing tablets. Data collection utilized an anemia knowledge questionnaire (15 items) and a questionnaire regarding adherence to taking blood-supplementing tablets.

**Results:** Most respondents had a good level of knowledge, with 43 (71.7%) respondents categorized as having good knowledge. A total of 58 (96.7%) respondents received Iron Supplement Tablets (IST). Among these 58 respondents, 42 (72.41%) were compliant, while 16 (27.58%) were non-compliant with Iron Supplement Tablet consumption. The main reasons for non-compliance were side effects, including nausea (44.4%) and an unpleasant taste (44.4%).

**Conclusion:** Most adolescent girls in Sidoharjo Village have good knowledge about anemia and are classified as compliant in consuming iron supplements. However, improved education and monitoring are still needed to address compliance barriers such as perceived side effects.

**Keywords:** Anemia, knowledge, compliance, iron supplement, adolescent girls.