

THE DESCRIPTION OF COMPLIANCE WITH IRON SUPPLEMENT TABLET CONSUMPTION AS AN EFFORT TO PREVENT ANEMIA AMONG ADOLESCENT GIRLS AT SMP NEGERI 1 PANJATAN

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ABSTRACT

Background: Anemia among adolescent girls remains a significant health problem and can affect learning concentration, immune function, and future health quality. One of the efforts to prevent anemia is the regular consumption of iron supplement tablets. However, adherence among adolescent girls in consuming iron supplement tablets is still often not optimal.

Objective: To describe the compliance with iron supplement tablet consumption as an effort to prevent anemia among adolescent girls at SMP Negeri 1 Panjatan, and to describe the respondents' characteristics based on age and menstrual cycle, as well as the level of compliance with iron supplement tablet consumption, including high, moderate, and low categories.

Methods: This study was a descriptive study with a cross-sectional design. The population consisted of all eighth-grade female students at SMP Negeri 1 Panjatan, totaling 91 students. The sample included all eighth-grade female students who met the criteria and were willing to participate, totaling 91 respondents. Data were collected using the MMAS-8 questionnaire. Data analysis was performed univariately and presented in frequency distribution form.

Results: The results showed that most respondents were 14 years old, totaling 73 respondents (80.2%), had regular menstrual cycles, totaling 74 respondents (81.3%), and the highest level of compliance with iron supplement tablet consumption was in the moderate category, totaling 43 respondents (47.3%). Respondents with high compliance were 26 respondents (28.6%), while those with low compliance were 22 respondents (24.2%).

Conclusion: Compliance with iron supplement tablet consumption among eighth-grade adolescent girls at SMP Negeri 1 Panjatan was mostly in the moderate category. This indicates that compliance with iron supplement tablet consumption still needs to be improved through education, monitoring, and support from both the school and health workers so that anemia prevention can be implemented more optimally.

Keywords: adolescents, iron supplement tablets, adherence.

GAMBARAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH SEBAGAI UPAYA PENCEGAHAN ANEMIA REMAJA PUTRI DI SMP NEGERI 1 PANJATAN

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ABSTRAK

Latar Belakang: Anemia pada remaja putri masih menjadi masalah kesehatan yang cukup tinggi dan dapat berdampak pada menurunnya konsentrasi belajar, daya tahan tubuh, serta kualitas kesehatan di masa depan. Salah satu upaya pencegahan anemia adalah konsumsi tablet tambah darah secara teratur. Namun, kepatuhan remaja putri dalam mengonsumsi tablet tambah darah masih sering belum optimal.

Tujuan: Mengetahui gambaran kepatuhan konsumsi tablet tambah darah sebagai upaya pencegahan anemia pada remaja putri di SMP Negeri 1 Panjatan, serta mendeskripsikan karakteristik responden berdasarkan usia dan siklus menstruasi, serta tingkat kepatuhan konsumsi tablet tambah darah yang meliputi kategori kepatuhan tinggi, sedang, dan rendah.

Metode: Penelitian ini merupakan penelitian deskriptif dengan desain *cross sectional*. Populasi dalam penelitian ini adalah seluruh siswi kelas VIII SMP Negeri 1 Panjatan sebanyak 91 orang. Sampel penelitian adalah seluruh siswi kelas VIII yang memenuhi kriteria dan bersedia menjadi responden, sebanyak 91 responden. Pengumpulan data dilakukan menggunakan kuesioner MMAS-8. Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi frekuensi.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 14 tahun sebanyak 73 responden (80,2%), memiliki siklus menstruasi teratur sebanyak 74 responden (81,3%), dan tingkat kepatuhan konsumsi tablet tambah darah paling banyak berada pada kategori sedang sebanyak 43 responden (47,3%). Responden dengan kepatuhan tinggi sebanyak 26 responden (28,6%), sedangkan kepatuhan rendah sebanyak 22 responden (24,2%).

Kesimpulan: Kepatuhan konsumsi tablet tambah darah pada remaja putri kelas VIII di SMP Negeri 1 Panjatan sebagian besar berada pada kategori sedang. Hal ini menunjukkan bahwa kepatuhan konsumsi tablet tambah darah masih perlu ditingkatkan melalui edukasi, pemantauan, dan dukungan dari sekolah maupun tenaga kesehatan agar pencegahan anemia dapat berjalan lebih optimal.

Kata Kunci: remaja, tablet tambah darah, kepatuhan.