

*OVERVIEW OF COMPLIANCE WITH IRON TABLET CONSUMPTION AMONG
ELEVENTH-GRADE FEMALE STUDENTS AT SMK NEGERI 1 SEWON IN 2026*

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ABSTRACT

Background: Anemia among adolescent girls remains a public health problem in Indonesia. Efforts to prevent anemia are carried out through the provision of iron supplementation tablets (TTD); however, adherence to TTD consumption among adolescent girls is still low. Data from the Dinas Kesehatan Kabupaten Bantul showed that SMK Negeri 1 Sewon had the highest incidence of anemia in Bantul Regency, with 256 female students experiencing anemia (38%).

Objective: To determine the description of adherence to TTD consumption among tenth-grade adolescent girls at SMK Negeri 1 Sewon in 2026.

Methods: This study used a descriptive method with a cross-sectional approach. The study was conducted on May 4, 2026. The subjects were 80 tenth-grade adolescent girls at SMK Negeri 1 Sewon selected using simple random sampling technique. Data were analyzed univariately and presented in percentages.

Results: The results showed that almost all respondents were 16 years old (76.3%), most obtained information from health workers (63.7%), had parents with high income (63.7%), had normal BMI (86.3%), and had normal menstrual cycles (87.5%). Almost all respondents were non-adherent to TTD consumption (81.3%).

Conclusion: Almost all tenth-grade adolescent girls at SMK Negeri 1 Sewon were non-adherent to TTD consumption. Non-adherent respondents were mostly 16 years old, obtained information from health workers, had parents with high income, had normal BMI, and had normal menstrual cycles.

Keywords: Adherence, Iron Supplementation (TTD), Adolescent Girls, Anemia

GAMBARAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH PADA REMAJA PUTRI KELAS X DI SMK NEGERI 1 SEWON TAHUN 2026

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ABSTRAK

Latar Belakang: Anemia pada remaja putri masih menjadi salah satu masalah kesehatan masyarakat di Indonesia. Upaya pencegahan anemia dilakukan melalui pemberian tablet tambah darah (TTD), namun kepatuhan konsumsi TTD pada remaja putri masih rendah. Data Dinas Kesehatan Kabupaten Bantul menunjukkan bahwa SMK Negeri 1 Sewon merupakan sekolah dengan kejadian anemia tertinggi di Kabupaten Bantul, dengan sebanyak 256 siswi mengalami anemia (38%).

Tujuan: Mengetahui gambaran kepatuhan konsumsi TTD pada remaja putri kelas X di SMK Negeri 1 Sewon tahun 2026.

Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan *cross sectional*. Penelitian dilaksanakan pada 4 Mei 2026. Subjek penelitian adalah remaja putri kelas X di SMK Negeri 1 Sewon sebanyak 80 responden yang dipilih menggunakan teknik *simple random sampling*. Data dianalisis secara univariat dan disajikan dalam bentuk persentase.

Hasil: Hasil penelitian menunjukkan bahwa hampir seluruh responden berusia 16 tahun (76,3%), sebagian besar memperoleh informasi dari tenaga kesehatan (63,7%), orang tua berpenghasilan tinggi (63,7%), IMT normal (86,3%), dan siklus menstruasi normal (87,5%). Hampir seluruh responden tidak patuh dalam mengonsumsi TTD (81,3%).

Kesimpulan: Hampir seluruh remaja putri kelas X di SMK Negeri 1 Sewon tidak patuh dalam mengonsumsi TTD. Responden yang tidak patuh sebagian besar berusia 16 tahun, memperoleh informasi dari tenaga kesehatan, memiliki orang tua berpenghasilan tinggi, memiliki IMT normal, dan memiliki siklus menstruasi normal.

Kata Kunci: Kepatuhan, Tablet Tambah Darah (TTD), Remaja Putri, Anemia