

**KNOWLEDGE OF ANEMIA AND ADHERENCE TO IRON (FE)
SUPPLEMENTATION AMONG ELEVENTH-GRADE FEMALE STUDENTS
AT BINATAMA HEALTH VOCATIONAL SCHOOL 2026**

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ABSTRACT

Background: The prevalence of anemia among adolescent girls in Sleman Regency was 17.57%, while the coverage of iron supplementation (iron tablets) among adolescent girls was only 28.08%, the lowest in the region. This condition indicates that anemia among adolescent girls remains a public health concern, which may be associated with inadequate knowledge and low adherence to iron tablet consumption.

Objective: To describe the level of knowledge about anemia and adherence to iron tablet consumption among eleventh-grade female students at Binatama Health Vocational High School.

Methods: This descriptive quantitative study employed a cross-sectional design. The participants were eleventh-grade female students selected using a total sampling technique. Data were collected using questionnaires and anthropometric measurements (height and weight) and were analyzed using univariate analysis presented as percentages.

Results: Most respondents were 17 years old (68.3%), had a normal body mass index (BMI) (56.4%), and experienced irregular menstrual cycles (53.5%). A total of 11.9% of the respondents had a moderate level of knowledge, while 4.0% had a poor level of knowledge regarding anemia. The majority of respondents were non-adherent to iron tablet consumption (79.2%), and all respondents with poor knowledge were non-adherent (0.5%). Among respondents with good knowledge, most were 17 years old (89.9%), had a normal BMI (84.2%), and had regular menstrual cycles (91.5%). Meanwhile, non-adherence to iron tablet consumption was predominantly found among respondents aged 17 years (78.3%), those with a normal BMI (80.7%), and those with irregular menstrual cycles (83.3%).

Conclusion: Most eleventh-grade female students at Binatama Health Vocational High School had a good level of knowledge about anemia; however, the majority were non-adherent to iron tablet consumption.

Keywords: Anemia, Knowledge Level, Adherence to Iron Tablet Consumption, Female Students, Iron Tablets.

**GAMBARAN TINGKAT PENGETAHUAN TENTANG ANEMIA DAN
KEPATUHAN MENGONSUMSI TABLET FE PADA SISWI KELAS XI DI
SMK KESEHATAN BINATAMA TAHUN 2026**

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ABSTRAK

Latar Belakang: Persentase anemia sebanyak 17,57% di Kabupaten Sleman dan dengan cakupan pemberian tablet Fe bagi remaja putri terendah yaitu sebanyak 28,08%. Kondisi tersebut menunjukkan bahwa anemia pada remaja putri masih menjadi perhatian karena rendahnya pengetahuan dan kepatuhan konsumsi tablet Fe.

Tujuan: Diketahui gambaran tingkat pengetahuan tentang anemia dan kepatuhan mengonsumsi tablet Fe pada siswi kelas XI di SMK Kesehatan Binatama.

Metode: Penelitian deskriptif kuantitatif dengan desain *cross sectional* ini melibatkan siswi kelas XI yang dipilih menggunakan teknik total sampling. Data dikumpulkan melalui kuesioner serta pengukuran TB dan BB yang kemudian dianalisis secara univariat dalam bentuk persentase.

Hasil: Hasil penelitian menunjukkan sebagian besar siswi berusia 17 tahun (68,3%), memiliki IMT normal (56,4%), dan mengalami siklus menstruasi tidak normal (53,5%). Hasil penelitian menunjukkan bahwa (11,9%) memiliki tingkat pengetahuan cukup dan (4,0%) memiliki tingkat pengetahuan kurang tentang anemia. Hampir seluruh siswi tidak patuh mengonsumsi tablet Fe (79,2%) dan hanya siswi dengan tingkat pengetahuan kurang yang tidak patuh mengonsumsi tablet Fe (0,5%). Hampir seluruh siswi dengan tingkat pengetahuan baik berusia 17 tahun (89,9%), IMT normal (84,2%), dan siklus menstruasi normal (91,5%), sedangkan ketidakpatuhan konsumsi tablet Fe hampir seluruh dari siswi usia 17 tahun (78,3%), IMT normal (80,7%), dan siklus menstruasi tidak normal (83,3%).

Kesimpulan: Siswi kelas XI SMK Kesehatan Binatama memiliki tingkat pengetahuan baik dan dengan kepatuhan yang tidak patuh mengonsumsi tablet Fe.

Kata Kunci: Anemia, Tingkat Pengetahuan, Kepatuhan Konsumsi Tablet Fe, Siswi, Tablet Fe.