

GAMBARAN EVALUASI KONSUMSI TABLET TAMBAH DARAH PADA REMAJA PUTRI DI WILAYAH KERJA PUSKESMAS BANGUNTAPAN III BANTUL TAHUN 2026

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ABSTRAK

Latar Belakang: Anemia pada remaja putri masih menjadi masalah kesehatan yang cukup tinggi di Indonesia akibat meningkatnya kebutuhan zat besi selama masa pertumbuhan dan kehilangan darah saat menstruasi. Salah satu upaya pencegahan yang dilakukan pemerintah adalah pemberian Tablet Tambah Darah (TTD) secara rutin satu kali setiap minggu. Namun, kepatuhan remaja putri dalam mengonsumsi TTD masih bervariasi sehingga perlu dilakukan evaluasi konsumsi sebagai dasar perbaikan program.

Tujuan: Mengetahui karakteristik remaja putri berdasarkan usia dan riwayat menstruasi serta menggambarkan evaluasi konsumsi Tablet Tambah Darah pada remaja putri di wilayah kerja Puskesmas Banguntapan III Bantul.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 105 remaja putri di Padukuhan Pringgolayan wilayah kerja Puskesmas Banguntapan III Bantul. Teknik pengambilan sampel menggunakan *accidental sampling*. Data dikumpulkan menggunakan kuesioner dan dianalisis secara univariat untuk memperoleh distribusi frekuensi dan persentase.

Hasil: Sebagian besar responden berusia 17–19 tahun sebanyak 67 orang (63,8%) dan telah mengalami menstruasi sebanyak 101 orang (96,2%). Evaluasi konsumsi Tablet Tambah Darah menunjukkan bahwa 84 responden (80,0%) mengonsumsi TTD satu kali dalam seminggu sesuai anjuran, sedangkan 21 responden (20,0%) belum mengonsumsinya secara rutin.

Kesimpulan: Sebagian besar remaja putri di wilayah kerja Puskesmas Banguntapan III Bantul telah mengonsumsi Tablet Tambah Darah sesuai anjuran. Meskipun demikian, masih terdapat remaja yang belum rutin mengonsumsi TTD sehingga diperlukan peningkatan edukasi, pendampingan, serta pemantauan secara berkelanjutan untuk meningkatkan kepatuhan konsumsi dan mencegah anemia pada remaja putri.

Kata Kunci: evaluasi konsumsi, tablet tambah darah, remaja putri.

AN OVERVIEW OF THE EVALUATION OF IRON SUPPLEMENT TABLET CONSUMPTION AMONG ADOLESCENT GIRLS IN THE SERVICE AREA OF THE BANGUNTAPAN III COMMUNITY HEALTH CENTER, 2026

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ABSTRACT

Background: Anemia among adolescent girls remains a significant health issue in Indonesia due to increased iron requirements during growth and blood loss during menstruation. One of the preventive measures implemented by the government is the routine distribution of iron supplements once a week. However, adherence to taking these supplements among adolescent girls varies, making it necessary to evaluate consumption patterns as a basis for program improvements.

Objective: To identify the characteristics of adolescent girls based on age and menstrual history, and to describe the evaluation of iron supplement intake among adolescent girls in the service area of the Banguntapan III Community Health Center in Bantul.

Method: This study employed a quantitative descriptive design with a cross-sectional approach. The study population consisted of 105 adolescent girls in the Pringgolayan hamlet within the service area of the Banguntapan III Community Health Center in Bantul. Accidental sampling was used as the sampling technique. Data were collected using a questionnaire and analyzed using univariate analysis to determine frequency distributions and percentages.

Results: Most respondents were aged 17–19 years (67 people, or 63.8%), and 101 respondents (96.2%) had already started menstruating. An evaluation of iron supplement consumption showed that 84 respondents (80.0%) took the supplement once a week as recommended, while 21 respondents (20.0%) did not take it regularly.

Conclusion: Most adolescent girls in the service area of the Banguntapan III Community Health Center in Bantul have been taking iron supplements as recommended. However, there are still some adolescents who do not take the supplements regularly, so there is a need for improved education, guidance, and ongoing monitoring to increase adherence to the regimen and prevent anemia among adolescent girls.

Keywords: nutritional assessment, iron supplements, adolescent girls.