

HUBUNGAN KEPATUHAN MINUM TABLET FE DAN STATUS GIZI DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI DI SMA KARANG ARUM KABUPATEN BANDUNG TAHUN 2024

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ABSTRAK

Anemia merupakan masalah yang rentan dialami oleh remaja putri akibat kurangnya asupan makanan terutama makanan yang mengandung zat besi dan juga menstruasi setiap bulannya. Upaya dalam mengatasi anemia yaitu dengan pemberian tablet Fe dan juga asupan nutrisi yang baik. Tujuan penelitian ini untuk mengetahui hubungan kepatuhan konsumsi tablet Fe dan status gizi dengan kejadian anemia pada remaja putri di SMA Karang Arum Kabupaten Bandung tahun 2024. Jenis penelitian berupa deskriptif korelasi dengan pendekatan *cross sectional*. Populasinya adalah remaja putri di SMA Karang Arum sebanyak 130 orang. Sampel di ambil secara *proportionate stratified random sampling* sehingga didapatkan 99 orang. Pengumpulan data dengan cara pengisian kuesioner *Morisky Medication Adherence Scale-8* (MMAS-8) untuk variabel kepatuhan, pengukuran IMT/U untuk variabel status gizi, dan *Easytouch GCHB* untuk variabel anemia. Analisis data menggunakan analisis univariat dengan distribusi frekuensi dan analisis bivariat menggunakan Rank Spearman. Hasil penelitian didapatkan lebih dari setengah responden memiliki kepatuhan sedang (56,65%), sebagian besar status gizi baik (85,8%), lebih dari setengahnya tidak anemia (60,6%). Terdapat hubungan antara kepatuhan dan status gizi dengan kejadian anemia pada remaja putri (p-value 0,000). Simpulan didapatkan bahwa terdapat hubungan antara kepatuhan konsumsi tablet Fe dan status gizi dengan kejadian anemia pada remaja putri. Saran bagi pihak puskesmas untuk memberikan tablet Fe pada pihak sekolah dan di minum secara bersama-sama oleh remaja putri saat upacara.

Kata Kunci : Anemia, Kepatuhan, Remaja, Status Gizi, Tablet Fe.

Referensi : 27 buku (tahun 2018-2022)
14 jurnal (tahun 2017-2023)

**THE RELATIONSHIP OF COMPLIANCE WITH TAKING FE TABLETS
AND NUTRITIONAL STATUS WITH THE INCIDENCE OF ANEMIA IN
ADOLESCENT GIRLS AT KARANG ARUM HIGH SCHOOL, BANDUNG
DISTRICT, 2024**

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ABSTRACT

Anemia is a problem that adolescent woman are prone to experiencing due to lack of food intake, especially foods that contain iron and also menstruation every month. Efforts to overcome anemia include giving Fe tablets and also good nutritional intake. The aim of this research is the relationship between adherence to Fe tablet consumption and nutritional status with the incidence of anemia in young women at Karang Arum High School, Bandung Regency in 2024. The type of research is descriptive correlation with a cross sectional approach. The population is 130 young women at Karang Arum High School. Samples were taken using proportionate stratified random sampling so that 99 people were obtained. Data were collected by filling in the Morisky Medication Adherence Scale-8 (MMAS-8) questionnaire for the compliance variable, BMI/U measurement for the nutritional status variable, and Easytouch GCHB for the anemia variable. Data analysis used univariate analysis with frequency distribution and bivariate analysis using Spearman Rank. The research results showed that more than half of the respondents had moderate compliance (56.65%), most had good nutritional status (85.8%), more than half were not anemic (60.6%). There is a relationship between compliance and nutritional status with the incidence of anemia in adolescent girls (p-value 0.000). The conclusion was that there was a relationship between adherence to consuming Fe tablets and nutritional status with the incidence of anemia in adolescent girls. Suggestions for the community health center to provide Fe tablets to the school and for the young women to drink together during the ceremony.

Keywords : Anemia, Adherence, Adolescents, Nutritional Status, Iron Tablets.

References : 27 books (2018-2022)
14 journal (2017-2023)