

ABSTRAK

Prevalensi anemia pada remaja putri di Indonesia masih tinggi yaitu sebesar 32,0%. Penyebab anemia salah satunya adalah kekurangan zat besi di dalam tubuh. Pemerintah mengeluarkan program pemberian TTD untuk mengurangi angka kejadian anemia. Tujuan penelitian untuk mengetahui hubungan pengetahuan tentang anemia terhadap kepatuhan mengkonsumsi tablet tambah darah pada remaja putri di SMAN 1 Bojongsoang.

Metode penelitian menggunakan korelasional dengan pendekatan *cross sectional*. Populasinya adalah remaja putri di SMAN 1 Bojongsoang sebanyak 359 siswi. Teknik pengambilan sampel menggunakan *Simple Random Sampling* sebanyak 92 siswi. Instrumen yang digunakan untuk mengukur variabel tingkat pengetahuan tentang anemia adalah kuesioner, sedangkan untuk mengukur kepatuhan konsumsi TTD menggunakan *Morinsky Medication Adherence Scale 8 (MMAS-8)*. Analisa data menggunakan uji chi square.

Tingkat pengetahuan tentang anemia remaja putri sebagian besar cukup (52,70%) dan kepatuhan mengkonsumsi TTD pada remaja putri hampir seluruhnya rendah (93,50%). Hasil penelitian menunjukkan nilai signifikan antara hubungan pengetahuan tentang anemia dengan kepatuhan mengkonsumsi tablet tambah darah dengan $p\text{-value } (0,01) < \alpha (0,05)$ artinya terdapat hubungan antara tingkat pengetahuan tentang anemia dengan kepatuhan mengkonsumsi tablet tambah darah pada remaja putri di SMAN 1 Bojongsoang.

Diharapkan ditingkatkan pengetahuan tentang anemia, perlu adanya pemantauan yang jelas dan terjadwal dari puskesmas Bojongsoang, serta dukungan sekolah dan peran orang tua.

Kata kunci : Anemia, Remaja Putri, Tingkat Pengetahuan, Kepatuhan, Tablet Tambah Darah

ABSTRACT

The prevalence of anemia in female adolescent in Indonesia is still high at 32,0%. One of the common causes of anemia is iron deficiency in the body. The government implemented a program to giving Blood Booster Tablets to reduce the incidence of anemia. research purposes for determine the relationship of knowledge about anemia to adherence to consuming blood booster tablets in female adolescent at SMAN 1 Bojongsoang.

The research method uses correlational with a cross sectional approach. The population is female adolescents at SMAN 1 Bojongsoang as many as 359 students. The sampling technique used Simple Random Sampling as many as 92 female students. The instrument used to measure the variable level of knowledge about anemia was a questionnaire, while to measure of adherence to blood booster tablets consumption using Morinsky Medication Adherence Scale 8 (MMAS-8). Data analysis using the chi square test.

The level of knowledge about anemia of female adolescents is mostly sufficient (52,70%) and adherence to taking blood booster tablets added in female adolescent is almost entirely low (93,50%). The results showed a significant value between the relationship between knowledge about anemia and adherence to consuming blood booster tablets with $p\text{-value } (0.01) < \alpha (0.05)$ it means that is a relationship between the level of knowledge about anemia with adherence to consuming blood booster tablets in female adolescent at SMAN 1 Bojongsoang.

It is hoped that knowledge about anemia will be increased, there needs to be clear and scheduled monitoring from the Bojongsoang public health center, as well as school support and the role of parents.

Keywords : Anemia, Female Adolescent, Knowledge Level, Compliance, blood booster tablets