

**HUBUNGAN POLA MAKAN DAN KEPATUHAN MINUM TABLET
TAMBAH DARAH DENGAN KADAR HEMOGLOBIN PADA REMAJA
PUTRI KELAS VII DI SMPN 1 TANJUNGSARI**

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ABSTRAK

Anemia yaitu keadaan dimana kadar hemoglobin dan erosit kurang dari seharusnya yaitu $< 12 \text{ gr/dl}$. Anemia gizi besi yang terjadi pada remaja putri dapat berakibat pada penurunan daya tahan tubuh, yang dapat menyebabkan masalah kesehatan. Pencegahan anemia bisa dengan mengkonsumsi tablet tambah darah dan memperbaiki pola makan. Tujuan penelitian untuk mengidentifikasi hubungan pola makan dan kepatuhan minum tablet tambah darah terhadap kadar hemoglobin dengan kejadian anemia pada Remaja Putri kelas VII Di SMPN 1 Tanjungsari. Jenis penelitian ini adalah metode analisis korelasi dengan rancangan *Cross Sectional*. Populasi sebanyak 140 orang, teknik pengambilan sampel *Stratified Random Sampling* didapatkan sampel sebanyak 59 remaja putri. Instrumen yang digunakan yaitu *hemocue* hb 301, kuesioner pola makan dan kuesioner kepatuhan minum tablet tambah darah. Hasil penelitian menunjukkan sebagian besar mengalami pola makan buruk 34 remaja putri, kepatuhan minum tablet tambah darah didapatkan sebagian besar patuh meminum tablet tambah darah 31 remaja putri. Nilai kadar hemoglobin didapatkan hasil sebagian besar remaja putri mengalami anemia 35 remaja putri. Analisis univariat yang digunakan Chi Square. Hasil uji statistik Chi Square menunjukkan P value $< 0,05$ (0,000) terdapat hubungan antara pola makan terhadap kadar hemoglobin pada remaja putri dan P value $< 0,05$ (0,004) terdapat hubungan antara kepatuhan Minum Tablet Tambah Darah terhadap kadar hemoglobin pada remaja putri. Diharapkan sekolah memastikan remaja putri mengkonsumsi tablet tambah darah.

Kata Kunci : Pola Makan, Kepatuhan, Tablet Tambah Darah, Hemoglobin

Referensi : - 10 buku (2014-2024)

- 35 jurnal (2014- 2024)

**RELATIONSHIP BETWEEN DIET PATTERNS AND COMPLIANCE IN TAKING
BLOOD SUPPLEMENTATION TABLETS WITH HEMOGLOBIN LEVELS IN
GRADE VII ADOLESCENT FEMALES AT SMPN 1 TANJUNGSARI**

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ABSTRACT

Anemia is a condition where hemoglobin and erythrocyte levels are less than they should be, namely <12 gr/dl. Iron deficiency anemia that occurs in adolescent girls can result in decreased immunity, which can cause health problems. Prevention of anemia can be done by consuming iron tablets and improving diet. The purpose of this study was to identify the relationship between diet and compliance with iron tablets on hemoglobin levels with the incidence of anemia in seventh grade female adolescents at SMPN 1 Tanjungsari. This type of research is a correlation analysis method with a Cross Sectional design. The population was 140 people, the Stratified Random Sampling sampling technique obtained a sample of 59 female adolescents. The instruments used were hemocue hb 301, dietary questionnaires and iron tablet compliance questionnaires. The results showed that most of them had poor diets 34 female adolescents, compliance with iron tablets was obtained that most of them were compliant with iron tablets 31 female adolescents. The hemoglobin level value obtained the results of most female adolescents experiencing anemia 35 female adolescents. The univariate analysis used Chi Square. The results of the Chi Square statistical test showed a P value <0.05 (0.000) there was a relationship between diet and hemoglobin levels in adolescent girls and a P value <0.05 (0.004) there was a relationship between compliance in taking iron tablets and hemoglobin levels in adolescent girls. It is hoped that schools will ensure that adolescent girls consume iron tablets.

Keywords: Diet, Compliance, Iron Supplement Tablets, Hemoglobin

References: - 10 books (2014-2024)

- 35 journals (2014-2024)