

GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG PEMBERIAN TABLET TAMBAH DARAH PADA SAAT MENSTRUASI DI SOSIAL MEDIA

ABSTRAK

Remaja merupakan masa perubahan dari masa anak-anak ke masa dewasa, dimana berlangsung perkembangan, muncul ciri-ciri seks sekunder dan primer, tercapai produktivitas dan terjadi perubahan-perubahan emosional, fisiologi maupun psikologi. Perubahan fisiologi diantaranya ditandai dengan berfungsinya organ reproduksi seperti menstruasi. Cara pencegahan anemia gizi masih rendah nyatanya dengan remaja putri yang konsumsi tablet tambah darah sedikit. Anemia paling sering terjadi pada remaja putri saat menstruasi dan dapat dicegah dengan mengonsumsi tablet tambah darah. Terdapat 21,4% remaja putri yang belum pernah mendapatkan informasi dari tablet tambah darah. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan remaja putri tentang pemberian tablet tambah darah pada saat menstruasi di sosial media. Penelitian ini termasuk metode deskriptif dengan desain Cross Sectional. Populasi sebanyak 124 orang dengan pengambilan sampel menggunakan purposive sampling sebanyak 56 orang. Data penelitian diperoleh dari kuesioner secara online. Analisis data menggunakan uji skala guttman. Hasil penelitian sebagian besar responden 39,2% memiliki pengetahuan cukup tentang pengetahuan baik tentang pemberian tablet tambah darah pada saat menstruasi dan mayoritas responden mendapatkan sumber info melalui media elektronik yaitu sebanyak 50%.

Kata Kunci : *Pengetahuan; Remaja; Putri; Tablet Tambah Darah; Menstruasi*

DESCRIPTION OF ADOLESCENT KNOWLEDGE ABOUT GIVING ADDITIONAL BLOOD TABLETS AT MENSTRUATION IN SOCIAL MEDIA

ABSTRACT

Adolescence is a period of change between childhood and adulthood, where there is development, secondary and primary sex characteristics emerge, productivity is achieved and there are emotional, physiological and psychological changes. Physiological changes are marked by the functioning of reproductive organs such as menstruation. Efforts to prevent nutritional anemia are still low, as evidenced by the fact that young women consume less tablets with blood. Anemia occurs most often in young women during menstruation and can be prevented by taking blood booster tablets. There are 21.4% of young women who have never received information about blood booster tablets. This research aims to describe the knowledge of young women about giving blood supplement tablets during menstruation on social media. This research is a descriptive method with a cross sectional design. The population was 124 people and the sample was taken using purposive sampling as many as 56 people. The research data were obtained from online questionnaires. Data analysis using the Guttman scale test. The results of the study, 39.2% of the respondents had sufficient knowledge about good knowledge about giving blood supplemented tablets during menstruation and the majority of respondents got information sources through electronic media, namely as much as 50%.

Keywords: Knowledge; Teenagers; Princess; Tablets Add Blood; Menstruation