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Hubungan Kepatuhan Konsumsi Tablet Tambah Darah Dengan Kadar Hemoglobin Pada Remaja Putri Di SMA N 5 Kota Jambi Tahun 2025

xi + 54 Halaman + 2 Bagan + 5 Tabel + 8 Lampiran

ABSTRAK

Remaja putri rentan mengalami anemia akibat tingginya kebutuhan zat besi serta kehilangan darah saat menstruasi. Salah satu upaya pencegahan anemia adalah konsumsi tablet tambah darah. Namun, tingkat kepatuhan remaja putri dalam mengonsumsi tablet tambah darah masih rendah sehingga berdampak pada kadar hemoglobin.

Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan konsumsi tablet tambah darah dengan kadar hemoglobin pada remaja putri di SMA N 5 Kota Jambi tahun 2025. Jenis penelitian ini adalah survei analitik dengan pendekatan kuantitatif menggunakan desain *cross-sectional*. Populasi penelitian berjumlah 139 siswi remaja putri, dengan sampel sebanyak 104 responden yang ditentukan melalui teknik *stratified random sampling*. Data kepatuhan konsumsi tablet tambah darah dikumpulkan menggunakan kuesioner, sedangkan kadar hemoglobin diukur dengan alat cek Hb digital. Analisis data dilakukan secara univariat dan bivariat menggunakan *uji Chi-Square*.

Hasil penelitian menunjukkan bahwa dari 104 responden, sebanyak 28 siswi patuh mengonsumsi TTD dan 76 siswi tidak patuh. Kadar hemoglobin normal ditemukan pada 67 siswi, sedangkan 37 siswi mengalami kadar Hb rendah. Uji *Chi-Square* menunjukkan adanya hubungan yang signifikan antara kepatuhan konsumsi tablet tambah darah dengan kadar hemoglobin (p-value = 0,000 < 0,05).

Kesimpulan dari penelitian ini adalah terdapat hubungan yang bermakna antara kepatuhan konsumsi tablet tambah darah dengan kadar hemoglobin pada remaja putri. Hasil penelitian diharapkan dapat meningkatkan kesadaran remaja putri dan pihak sekolah mengenai pentingnya kepatuhan mengonsumsi tablet tambah darah sebagai upaya pencegahan anemia, serta menjadi referensi bagi institusi pendidikan dan peneliti selanjutnya.

Daftar Bacaan : 40 (2011-2025)

HEALTH POLYTECHNIC OF JAMBI

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The Relationship Between Compliance with Iron Supplement Consumption and Hemoglobin Levels in Female Adolescents at SMA N 5 Jambi City in 2025

xi + 55 Pages + 2 Charts + 5 Tables + 8 Attachments

ABSTRACT

Adolescent girls are vulnerable to anemia due to high iron requirements and blood loss during menstruation. One of the efforts to prevent anemia is the consumption of iron supplementation (Fe tablets). However, the compliance of adolescent girls in consuming Fe tablets remains low, which affects hemoglobin levels.

This study aims to determine the relationship between compliance with Fe tablet consumption and hemoglobin levels among adolescent girls at SMA N 5 Jambi City in 2025. This research employed an analytic survey with a quantitative approach using a cross-sectional design. The study population consisted of 139 female students, with a sample of 104 respondents selected through stratified random sampling. Compliance with Fe tablet consumption was assessed using a questionnaire, while hemoglobin levels were measured using a digital Hb checker. Data analysis was conducted univariately and bivariately using the Chi-Square test.

The results showed that of the 104 respondents, 28 students were compliant and 76 students were non-compliant. Normal hemoglobin levels were found in 67 students, while 37 students had low hemoglobin levels. The Chi-Square test revealed a significant relationship between compliance with Fe tablet consumption and hemoglobin levels (p-value = 0.000 < 0.05).

In conclusion, there is a significant association between Fe tablet consumption compliance and hemoglobin levels among adolescent girls. These findings are expected to increase awareness among students and schools regarding the importance of compliance in consuming Fe tablets to prevent anemia, as well as serve as a reference for educational institutions and future researchers.

Reference : 40 (2011-2025)