

POLITEKNIK KESEHATAN TANJUNGPUR
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**Gambaran Pengetahuan, Sikap dan Kepatuhan Mengonsumsi Tablet Fe
Pada Remaja Putri Di SMP Negeri 1 Liwa Kabupaten Lampung Barat
Tahun 2023**

x + 38 halaman + 9 tabel, 2 gambar, 5 lampiran

ABSTRAK

Di Indonesia, kejadian anemia remaja masih terbilang cukup tinggi, persentase anemia pada remaja sebesar 32%. Cakupan tablet Fe pada remaja putri di Provinsi Lampung sebesar 48,7%, Lampung Barat sebesar 73,35% sedangkan di Kecamatan Balik Bukit cakupan remaja putri yang mendapatkan tablet Fe sebesar 44,3%. Angka tersebut belum memenuhi target nasional dimana target nasional pada tahun 2024 minimal 58% remaja putri mengonsumsi tablet tambah darah. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan, sikap dan kepatuhan mengonsumsi tablet tambah darah pada remaja putri di SMP Negeri 1 Liwa Kabupaten Lampung Barat.

Jenis penelitian yang digunakan adalah penelitian deskriptif. Penelitian ini dilakukan di SMP Negeri 1 Liwa Kabupaten Lampung Barat. Populasi dalam penelitian ini adalah 387 remaja putri dan sampel penelitian sebanyak 57 remaja putri dengan teknik *Random Sampling*. Analisis data yang digunakan adalah analisis univariat.

Hasil penelitian diketahui bahwa remaja putri di SMPN 01 Liwa memiliki tingkat pengetahuan baik sebanyak 35.1%, tingkat pengetahuan cukup sebanyak 59.6%, dan yang memiliki tingkat pengetahuan kurang sebanyak 5.3%, sikap positif remaja putri terhadap tablet Fe 89.5%, dan sikap negatif remaja putri terhadap tablet Fe 10.5%, dan tingkat kepatuhan remaja putri dalam mengonsumsi tablet Fe 63.2% dan tidak patuh 36.8%.

Berdasarkan hasil penelitian maka saran yang diberikan adalah diharapkan pihak sekolah dan puskesmas memberikan informasi dan pendidikan kesehatan tentang anemia dan tablet Fe melalui penyuluhan, poster, media sosial dan media cetak lainnya. Selain itu memberikan informasi kepada remaja putri untuk mengonsumsi makanan sesuai pedoman gizi seimbang seperti makanan tinggi zat besi, sayuran dan buah-buahan.

Kata Kunci : TTD, pengetahuan, sikap, kepatuhan
Daftar bacaan : 37 (1997 – 2022)

**HEALTH POLYTECHNIC OF TANJUNGPUR
NUTRITION DEPARTMENT
Final Project, June 2023**

Septi Ria Rosyana

**Description of Knowledge, Attitude and Compliance To Consuming Fe
Tablet in Adolescent Women at SMPN 01 Liwa, West Lampung Regency
District in 2023**

x + 38 pages + 9 tables, 2 pictures, 5 attachments

ABSTRACT

In Indonesia, the incidence of anemia is still quite high, the percentage of anemia in adolescents is 32%. Coverage of Fe tablets in young women in Lampung Province was 48.7%, West Lampung was 73.35% while in Balik Bukit District the coverage of young women who received Fe tablets was 44.3%. This figure has not met the national target where the national target in 2024 is at least 58% of young women consuming iron tablets. This study aims to determine the description of knowledge, attitude and adherence to taking iron tablets in young women at SMP Negeri 1 Liwa, West Lampung Regency.

The type of research used is descriptive. This research was conducted at SMAN 01 Liwa West Lampung Regency. The Population in this study was 387 adolescent girls and a study sample of 57 adolescent girls with Random Sampling techniques. The data analysis used is univariate analysis.

The results of the study found that young women at SMPN 01 Liwa have a good level of knowledge as much as 35.1%, sufficient level of knowledge as much as 59.6%, and those who have less knowledge level as much as 5.3%, positive attitude of young women towards Fe tablets 89.5%, and negative attitude of young women towards Fe tablets 10.5%, and the level of adherence of young women in consuming Fe tablets was 63.2% and 36.8% non-adherence.

Based on the result of the study, the advice given is that it is hoped that the school and puskesmas will provide health information and education about anemia and Fe tablets through counseling, posters, social media and other print media. In addition, it provides information to young women to consume foods according to balanced nutritional guidelines such as foods high in iron, vegetables and fruits.

Keywords : TTD, knowledge, attitude, adherence

Reading List : 37 (1997 – 2022)