

POLITEKNIK KESEHATAN TANJUNGPUR
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Gambaran Pengetahuan, Sikap, Konsumsi Tablet Tambah Darah, dan Asupan Protein Pada Siswi Di SMA Negeri 1 Seputih Raman

xiii+ 73 halaman + 13 tabel, 2 gambar, 10 lampiran

ABSTRAK

Menurut WHO kejadian anemia secara global sebesar 28%, asia tenggara kejadian anemia sebesar 42%, di Indonesia kejadian anemia sebesar 32%, dan di Provinsi Lampung kejadian anemia sebesar 24,8%. Dan untuk cakupan tablet tambah darah yang diberikan dari program pemerintah yang didapatkan disekolah sebesar 80,9%, dan yang rutin mengonsumsi tablet tambah darah selama setahun hanya 1,4%. Kemudian cakupan pemberian tablet tambah darah di Provinsi Lampung sebesar 48,9%, persentase tersebut belum memenuhi target nasional yaitu 54%. Dan untuk cakupan tablet tambah darah di kecamatan Seputih Raman sebesar 100%, namun untuk angka anemia yang sudah dilakukan pengecekan pada kelas x dengan jumlah siswi 141 yang terdiagnosis anemia yaitu sebesar 67%.

Tujuan penelitian ini untuk mengetahui Gambaran Pengetahuan, Sikap, Konsumsi, dan Asupan Protein Pada Siswi di SMA Negeri 1 Seputih Raman. Penelitian ini merupakan jenis penelitian deskriptif. Populasi dalam penelitian ini adalah 458 siswi dan sampel penelitian sebanyak 58 siswi dengan teknik *Proportionate stratified sampling*. Pengumpulan data diperoleh melalui angket dengan menggunakan kuesioner dan juga menggunakan form *food frequency questionari* (FFQ) dengan wawancara yang dilakukan langsung oleh peneliti. Analisis data yang digunakan adalah analisis *univariat*.

Hasil penelitian menunjukkan bahwa dari segi pengetahuan sudah cukup sebesar (60.3%), lalu untuk sikap pada siswi juga sudah positif sebesar (98.3%), dan asupan protein juga sudah cukup sebesar (91.4%), namun untuk konsumsi tablet tambah darah pada siswi di SMA Negeri 1 Seputih Raman masih kurang yaitu yang mengonsumsi tablet tambah darah secara rutin hanya 20.7%. Hal ini dilihat dari alasan para siswi mengonsumsi tablet tambah darah yaitu bau amis sebesar (13.8%), habis sebesar (15.5%), lupa sebesar (25.9%), malas sebesar (27.6%), mual sebesar (13.8%), dan pusing sebesar (3,4%). Untuk saran bagi pihak puskesmas bisa melakukan pengecekan lab Hb setiap 4 bulan sekali untuk memantau kadar Hb pada siswi, dan juga untuk sekolah bisa menerapkan seperti lomba antar sekolah mengenai nilai Hb yang normal bagi para siswi.

Kata Kunci : Tablet Tambah Darah, Pengetahuan, Sikap, Konsumsi, dan Asupan Protein

Daftar Bacaan : 60 (1997 – 2023)

**HEALTH POLYTECHNIC OF TANJUNGPUR
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Description of Knowledge, Attitudes and Consumption of Blood Supplement Tablets among Female Students at SMA Negeri 1 Seputih Raman

xiii+ 73 pages + 13 tabels, 2 image, 10 attachments

ABSTRACT

According to WHO, the global incidence of anemia is 28%, in Southeast Asia the incidence of anemia is 42%, in Indonesia the incidence of anemia is 32%, and in Lampung Province the incidence of anemia is 24.8%. And the coverage of blood supplementation tablets provided by the government program for those who received it at school was 80.9%, while for those who didn't get it it was 19.1%, and those who regularly took blood supplementation tablets for a year was only 1.4%. Then the coverage of giving blood supplement tablets in Lampung Province was 48.9%, this percentage did not meet the national target of 54%. And the coverage for blood supplementation tablets in the Seputih Raman sub-district is 100%. However, the anemia rate that was checked in class x with the number of 141 female students diagnosed with anemia was 67%.

The aim of this research is to determine the description of knowledge, attitudes, consumption and protein intake among female students at SMA Negeri 1 Seputih Raman. The population in this study was 458 female students and the research sample was 58 female students using proportional stratified sampling technique. Data collection was obtained through a questionnaire using a questionnaire and also using a *food frequency questionnaire* (FFQ) form with interviews conducted directly by the researcher.

The results of the study showed that in terms of knowledge it was sufficient (60.3%), then attitudes towards female students were also positive at (98.3%), and protein intake was also sufficient (91.4%), however for the consumption of blood supplement tablets among female students in there is still a shortage of SMA Negeri 1 Seputih Raman, namely only 20.7%, of those taking blood supplement tablets regularly. This can be seen from the reasons why female students consume blood supplement tablets, namely fishy smell (13.8%), running out (15.5%), forgetting (25.9%), laziness (27.6%), nausea (13.8%), and dizziness amounted to (3.4%). As a suggestion, the health center can carry out Hb lab checks every 4 month to monitor Hb levels in female students, and also for schools they can implement competition between schools regarding normal Hb values for female students.

Keyword :Blood increasing tablets, Knowledge, Attitudes, Consumption, and Protein Intake

Reading List : 60 (1997 – 2023)