

**POLITEKNIK KESEHATAN TANJUNGPURAT
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Pengaruh Pemberian Suplemen Zat Besi Terhadap Anemia Pada Remaja Putri Di Poltekkes Kemenkes Tanjung Karang

xv + 40 halaman + 4 tabel + 3 gambar + 8 lampiran

ABSTRAK

Anemia adalah suatu kondisi medis dimana jumlah sel darah merah kurang dari normal. Remaja putri, khususnya, menjadi kelompok yang sangat rentan karena kebutuhan zat besi yang meningkat selama masa pubertas, disertai dengan risiko kehilangan zat besi akibat menstruasi. Jumlah darah yang hilang selama satu siklus menstruasi berkisar antara 20-25 cc atau setara dengan kehilangan zat besi sekitar 12,5-15 mg setiap bulan. Perempuan membutuhkan suplemen zat besi tambahan untuk menggantikan kehilangan yang terjadi bersamaan dengan darah selama menstruasi. Tujuan penelitian ini untuk mengetahui pengaruh pemberian suplemen zat besi terhadap anemia pada remaja putri tingkat 1 dan 2 di Poltekkes Kemenkes Tanjung Karang Tahun 2025. Jenis penelitian ini kuantitatif, dengan desain penelitian *pre eksperimental menggunakan rancangan one group pretest-posttest design*. Analisis data menggunakan uji Anova. Penelitian ini dilakukan di Laboratorium Hematologi Jurusan Teknologi Laboratorium Medis Poltekkes Kemenkes Tanjung Karang selama bulan Agustus Tahun 2025. Sampel penelitian ini adalah 30 Mahasiswi tingkat 1 dan 2 Jurusan Teknologi Laboratorium Medis yang mengalami anemia. Hasil menunjukkan adanya pengaruh pemberian suplemen zat besi terhadap anemia pada remaja putri di Poltekkes Kemenkes Tanjung Karang dengan hasil nilai kadar Hemoglobin *p-value* = 0.000, Hematokrit *p-value* = 0.003, Eritrosit *p-value* = 0.015. Dapat disimpulkan bahwa pemberian suplemen zat besi secara signifikan meningkatkan kadar hemoglobin, hematokrit, dan eritrosit, sehingga efektif dalam menanggulangi anemia pada remaja putri.

Kata Kunci : Anemia, Remaja Putri, Suplemen zat besi

Daftar Bacaan : 27 (2014-2025)

**TANJUNGKARANG HEALTH POLYTECHNIC
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**The Effect Of Iron Supplementation On Anemia In Adolescent Females At
The Ministry Of Health Poltechnic, Tanjung Karang**

xv + 40 pages, 3 figures, 4 tables, and 8 appendices

ABSTRACT

Anemia is a medical condition in which the number of red blood cells is less than normal. Adolescent girls, in particular, are a very vulnerable group due to increased iron requirements during puberty, accompanied by the risk of iron loss due to menstruation. The amount of blood lost during one menstrual cycle ranges from 20-25 cc or equivalent to iron loss of around 12.5-15 mg per month. Women need additional iron supplements to replace the losses that occur along with blood during menstruation. The purpose of this study was to determine the effect of iron supplements on anemia in first- and second-year female adolescents at the Ministry of Health Polytechnic of Tanjung Karang in 2025. This type of research is quantitative, using a pre-experimental research design specifically one group pretest-posttest design. Data analysis used the ANOVA test. This study was conducted at the Hematology Laboratory of the Medical Laboratory Technology Department of the Ministry of Health Polytechnic of Tanjung Karang during August 2025. The sample of this study was 30 first- and second-year female students majoring in Medical Laboratory Technology who had anemia. The results show the effect of iron supplementation on anemia in female adolescents at the Ministry of Health Polytechnic of Tanjung Karang with the results of Hemoglobin levels $p\text{-value} = 0.000$, Hematocrit $p\text{-value} = 0.003$, Erythrocyte $p\text{-value} = 0.015$. Concluded that iron supplementation significantly increases hemoglobin, hematocrit, and erythrocyte levels, thus proving effective in preventing and reducing anemia in adolescent girls.

Keywords : Anemia, Adolescent Girls, Iron Supplements

Reading List : 27 (2014-2025)