

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURWATI
JURUSAN KEPERAWATAN
Skripsi, Juni 2025

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**Hubungan Pengetahuan Tentang Anemia Dengan Perilaku Konsumsi Tablet
Tambah Darah Pada Remaja Putri Di SMAN 2 Kalianda**

xvii + 52 halaman, 7 tabel, 2 gambar, 8 lampiran

ABSTRAK

Anemia adalah kondisi dimana jumlah hemoglobin dalam darah lebih rendah dari nilai normal yang diperlukan untuk fungsi tubuh yang optimal. Asupan zat besi yang rendah umumnya terjadi pada remaja perempuan menyebabkan anemia yang dapat berdampak pada produktivitas, konsentrasi belajar, serta kesehatan reproduksi di masa depan. Presentase remaja putri mendapat TTD di sekolah 80,9 % namun kenyataannya remaja yang mengkonsumsi ≥ 52 butir hanya 1,4 %. Hasil skrining anemia yang dilakukan oleh Puskesmas Wayurang di SMAN 2 Kalianda dari 15 siswi yang dilakukan pemeriksaan Hb ada 3 siswi yang mengalami anemia ringan.

Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan tentang anemia dengan perilaku konsumsi tablet tambah darah di SMAN 2 Kalianda.

Penelitian ini merupakan penelitian kuantitatif menggunakan *desain cross sectional* analisis data menggunakan uji *chi square*, teknik sampling yang digunakan total sampel dimana jumlah sampel sebanyak 170 responden merupakan remaja putri kelas 11 SMAN 2 Kalianda.

Hasil Penelitian yaitu responden dengan pengetahuan kurang sebanyak (2,4%), cukup (28,2%), baik (69,4%). Responden yang tidak mengkonsumsi tablet fe sebanyak (54,7%), mengkonsumsi tablet fe sebanyak (45,3%). Berdasarkan uji *chi square* terdapat hubungan antara pengetahuan tentang anemia dengan perilaku konsumsi tablet tambah darah pada remaja putri dengan nilai *p-value* 0,003

Simpulan terdapat hubungan yang signifikan antara pengetahuan dan perilaku konsumsi tablet tambah darah. Saran remaja putri diharapkan dapat membaca buku atau media online tentang pentingnya mengkonsumsi tablet fe dan pencegahan anemia

Kata Kunci : Remaja, Pengetahuan, Perilaku, Anemia, Tablet Tambah Darah
Daftar Bacaan : 21 (2016-2024)

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DEPARTMENT OF MIDWIFERY
Thesis, June 2025**

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Relationship Between Knowledge About Anemia and Behavior of Consuming Iron Tablets in Adolescent Girls at SMAN 2 Kalianda

xvii + 52 pages, 7 tables, 2 images, 8 attachments

ABSTRACT

Anemia is a condition in which the amount of hemoglobin in the blood is lower than the normal value required for optimal body function. Low iron intake generally occurs in adolescent girls, causing anemia which can impact productivity, concentration in learning, and reproductive health in the future. The percentage of adolescent girls receiving iron tablets at school is 80.9%, but in reality, only 1.4% of adolescents consume ≥ 52 tablets. The results of anemia screening conducted by the Wayurang Health Center at SMAN 2 Kalianda, out of 15 female students who underwent Hb examination, 3 female students experienced mild anemia.

The purpose of this study was to determine the relationship between knowledge about anemia and the behavior of consuming iron tablets at SMAN 2 Kalianda.

This study is a quantitative study using a cross-sectional design, data analysis using the chi square test, the sampling technique used a total sample where the number of samples was 170 respondents who were 11th grade female students of SMAN 2 Kalianda.

The results of the study were respondents with poor knowledge as many as (2.4%), sufficient (28.2%), (69.4%). Respondents who did not consume iron tablets were (54.7%), consuming iron tablets (45.3%). Based on the chi square test, there is a relationship between knowledge about anemia and the behavior of consuming iron tablets in female adolescents with a p-value of 0,003.

The conclusion is that there is a significant relationship between knowledge and the behavior of consuming iron tablets. Suggestions for female adolescents are expected to read books or online media about the importance of consuming iron tablets and preventing anemia.

**Keywords : Adolescents, Knowledge, Behavior, Anemia, Iron Tablets
Reading List : 21 (2016-2024)**