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Hubungan Pengetahuan, Status Gizi, dan Kepatuhan Mengonsumsi Tablet Tambah Darah dengan Kejadian Anemia Pada Remaja Putri di SMA Negeri 1 Natar Kabupaten Lampung Selatan.

xvii + 68 halaman, 10 tabel, 3 gambar, dan 8 lampiran.

## ABSTRAK

Anemia masih menjadi masalah gizi yang banyak dialami oleh remaja putri, terutama karena kurangnya asupan zat besi, pola makan yang kurang sehat, serta rendahnya kepatuhan mengonsumsi Tablet Tambah Darah (TTD). Anemia dapat berdampak serius pada aktivitas, konsentrasi belajar, serta pertumbuhan. Berdasarkan data Riskesdas 2018, prevalensi anemia pada remaja di Indonesia mencapai 32% dan di Kabupaten Lampung Selatan mencapai 28,4%.

Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan, status gizi, dan kepatuhan mengonsumsi TTD dengan kejadian anemia pada remaja putri di SMA Negeri 1 Natar, Lampung Selatan.

Metode penelitian yang diterapkan adalah penelitian kuantitatif dengan menggunakan jenis penelitian survey analitik dan desain *Cross Sectional*. Populasi pada penelitian ini yaitu remaja putri kelas X di SMA Negeri 1 Natar, Lampung Selatan. Jumlah sampel sebanyak 73 responden, diambil menggunakan teknik *Simple Random Sampling*. Data dianalisis dengan metode analisis univariat dan bivariat menggunakan uji statistik *Chi-Square*.

Hasil penelitian menunjukkan prevalensi anemia sebesar 52,1% responden, 54,8% memiliki pengetahuan kurang, 50,7 % mengalami KEK, dan 75,3% yang tidak patuh. Hasil uji *Chi-Square* menunjukkan adanya hubungan signifikan antara pengetahuan ( $p\text{-value}= 0.001$ ), status gizi ( $p\text{-value}= 0.000$ ), dan kepatuhan mengonsumsi TTD ( $p\text{-value}= 0.001$ ) dengan kejadian anemia.

Dapat disimpulkan bahwa kurangnya pengetahuan, status gizi tidak normal, serta rendahnya kepatuhan mengonsumsi TTD berhubungan dengan meningkatnya risiko anemia. Upaya yang perlu dilakukan adalah edukasi dan pendampingan dari sekolah serta tenaga kesehatan untuk meningkatkan pengetahuan, status gizi, dan kepatuhan remaja putri dalam mencegah anemia. Hasil penelitian ini diharapkan menjadi dasar bagi program pencegahan anemia di kalangan remaja.

Kata Kunci : Pengetahuan, Status Gizi, Kepatuhan Mengonsumsi TTD,  
dan Anemia  
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*The Relationship Between Knowledge, Nutritional Status, and Compliance in Consuming Iron Supplement Tablets with The Incidence of Anemia Among Female Adolescents at SMA Negeri 1 Natar, South Lampung Regency.*  
xvii + 68 pages, 10 tables, 2 figures, 9 appendices

## ABSTRACT

Anemia remains a significant nutritional issue among adolescent girls, especially due to lack of iron intake, unhealthy diet, and low compliance to consuming iron supplement tablets. Anemia can have serious impacts on daily activities, learning concentration, and growth. According to the 2018 Riskesdas data, the prevalence of anemia among adolescents in Indonesia is 32%, while in South Lampung Regency, it stands at 28,4%.

This research aims to determine the relationship between knowledge, nutritional status, and compliance in consuming iron supplement tablets with the occurrence of anemia among female adolescents at SMA Negeri 1 Natar, South Lampung.

The research method used is a quantitative approach with an analytic survey design and a cross sectional design. The population in this research were grade X female students at SMA Negeri 1 Natar, South Lampung. A total of 73 respondents were selected using the simple random sampling technique. The data were analyzed using univariate and bivariate analysis methods with the Chi-Square statistical test.

The results of the research show that the prevalence of anemia was 52,1% of the respondents, 54,8% had insufficient knowledge, 50,7% experienced chronic energy deficiency, and 75,3% were non-adherent. The Chi-Square test results indicated a significant relationship between knowledge ( $p$ -value = 0,001), nutritional status ( $p$ -value = 0,000), and compliance in consuming iron supplement tablets ( $p$ -value = 0,001) with the incidence of anemia.

It can be concluded that lack of knowledge, abnormal nutritional status, and low compliance to consuming iron supplement tablets are associated with an increased risk of anemia. Efforts that need to be made include education and support from schools and health workers to improve knowledge, nutritional status, and compliance among adolescent girls in preventing anemia. The results of this study are expected to serve as a basis for anemia prevention programs among adolescents.

**Keyword** : Knowledge, Nutritional Status, Compliance in Consuming Iron Supplement Tablets, and Anemia.

**Reference** : 51 (2015-2025)