

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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**Gambaran Pengetahuan Dan Sikap Serta Dukungan Guru Dalam
Mengonsumsi Tablet Fe Pada Remaja Putri di Mts Nurul Huda Kabupaten
Pringsewu**

xiii + 60 halaman + 12 tabel + 1 gambar + 7 lampiran

ABSTRAK

Berdasarkan data Riskesdas 2018, prevalensi anemia di Indonesia sebesar 23,9%. Sedangkan cakupan pemberian Tablet Fe di Indonesia pada tahun 2021 sebesar 31,3%. Masalah anemia pada remaja biasanya disebabkan oleh asupan makan, pengetahuan gizi, sikap remaja putri, dan kepatuhan konsumsi tablet Fe. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan dan sikap serta kepatuhan dan dukungan guru dalam mengonsumsi tablet Fe pada remaja putri di Mts Nurul Huda Kabupaten Pringsewu.

Jenis penelitian ini merupakan penelitian deskriptif. Penelitian ini dilakukan pada bulan Mei 2023, dengan jumlah populasi sebanyak 183 remaja putri dan sampel sebanyak 66 remaja putri yang di ambil menggunakan metode *Proporsional Random Sampling*, pengambilan data dilakukan dengan kuisioner dan wawancara.

Hasil penelitian menunjukkan bahwa tingkat pengetahuan remaja putri tentang Tablet Tambah Darah sebanyak 56% dalam kategori kurang, sikap sebanyak 53% dalam kategori negatif, dan dukungan guru sebagian besar 82% dalam kategori kurang.

Dapat disimpulkan bahwa pengetahuan remaja putri tentang TTD dalam kategori kurang, sikap dalam kategori negatif, dan dukungan guru dalam kategori kurang. Dari hasil tersebut disarankan kepada petugas kesehatan agar memberikan penyuluhan tentang pentingnya mengonsumsi TTD kepada remaja putri dan guru. Peran guru sangat penting untuk melaksanakan program penanggulangan anemia di dalam pendidikan di sekolah dengan cara mengadakan kegiatan mengonsumsi TTD yang dijadwalkan setiap seminggu sekali disertai dengan pemberian edukasi agar dapat mengubah sikap dan kepatuhan remaja putri dalam mengonsumsi TTD.

Kata Kunci : Tablet Tambah Darah, Anemia

Daftar Bacaan : 48 (2011 – 2022)

**TANJUNGPURBA HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
Final Project, Mei 2023**

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**Description of Knowledge and Attitudes and Teacher Support in Consuming
Fe Tablets in Young Girls at Mts Nurul Huda, Pringsewu Regency**

xiii + 60 pages + 12 tables + 1 figure + 7 attachment

ABSTRACT

Based on the 2018 Riskesdas data, the prevalence of anemia in Indonesia is 23.9%. Meanwhile, the coverage of Fe Tablet administration in Indonesia in 2021 is 31.3%. The problem of anemia in adolescents is usually caused by food intake, knowledge of nutrition, attitudes of young women, and adherence to consumption of Fe tablets. This study aims to describe knowledge and attitudes as well as teacher compliance and support in consuming Fe tablets in young women at Mts Nurul Huda, Pringsewu Regency.

This type of research is descriptive research. This research was conducted in May 2023, with a total population of 183 young women and a sample of 66 young women who were taken using the Proportional Random Sampling method. Data collection was carried out using questionnaires and interviews.

The results showed that the knowledge level of young women about Blood Supplement Tablets was 56% in the less category, 53% attitude was in the negative category, and 82% teacher support was in the less category.

It can be concluded that the knowledge of young women about TTD is in the less category, attitudes are in the negative category, and teacher support is in the less category. From these results it was suggested to health workers to provide counseling about the importance of taking iron tablets to young women and teachers. The teacher's role is very important in carrying out an anemia prevention program in education in schools by holding activities for taking iron tablets that are scheduled once a week accompanied by providing education so that they can change the attitude and compliance of young women in consuming iron tablets.

Keywords: Blood Supplement Tablets, Anemia

Reading List : 48 (2011 – 2022)