

ABSTRAK

Anida Wahyu Vivi

PENGARUH PEMBERIAN TABLET FE TERHADAP KADAR HEMOGLOBIN REMAJA PUTRI

xv + 101 Halaman + 9 Tabel + 22 Lampiran

Anemia pada remaja putri merupakan permasalahan kesehatan masyarakat yang signifikan, dengan defisiensi zat besi sebagai penyebab utama. Kondisi ini tidak hanya berdampak negatif terhadap kesehatan fisik remaja, seperti penurunan energi dan konsentrasi prestasi akademik mereka. Lebih lanjut, dapat berdampak pada masalah kesehatan reproduksi kehamilan di masa depan. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian tablet Fe terhadap kadar hemoglobin (Hb) remaja putri di MTSM 1 Banjarnegara Bojonegara.

Jenis desain penelitian *quasi eksperimen* dengan *One-Group Pretest-Posttest* dengan 33 remaja putri kelas 7 berusia 12-15 tahun. Intervensi berupa pemberian tablet Fe dengan dosis pemberian 1 tablet perminggu dan saat menstruasi 1 kali sehari selama 10 hari. Pemberian tablet Fe ini diberikan selama 4 minggu. Variabel independent tablet Fe, variabel dependen kadar hemoglobin. Instrumen alat pengukur kadar hemoglobin digital, kuesioner, dan lembar observasi. Analisis uji *wilcoxon Sign Rank Test* ($\alpha < 0,05$)

Penelitian menunjukkan rata-rata kadar Hb sebelum intervensi adalah 12,7 g/dL dan setelah intervensi meningkat menjadi 13,7 g/dL. Uji statistik *wilcoxon Sign Rank Test* menunjukkan perbedaan signifikan ($p\text{-value} = 0,000$), yang mengindikasikan bahwa pemberian tablet Fe efektif meningkatkan kadar Hb. Sebanyak 75,7% responden mengalami peningkatan kadar Hb, sementara 24,2% menunjukkan perubahan minimal.

Temuan ini sesuai dengan penelitian sebelumnya mengenai efektivitas suplementasi besi. Variasi respons menunjukkan pentingnya pendekatan terpadu melalui edukasi gizi untuk meningkatkan penyerapan zat besi, pemantauan ketat efek samping, dan skrining faktor risiko spesifik.

Pemberian tablet Fe berpengaruh signifikan terhadap peningkatan kadar hemoglobin remaja putri. Disarankan untuk melanjutkan program suplementasi Fe sebagai Tindakan. Implementasi berbasis sekolah dengan komponen edukasi dan pemantauan direkomendasikan untuk hasil yang optimal.

Kata Kunci: Fe, Hemoglobin, Remaja Putri, Anemia

Daftar bacaan : 24 Jurnal, 5 Buku (2016 – 2024)

ABSTRACT

Anida Wahyu Vivi

THE EFFECT OF IRON (FE) TABLET SUPPLEMENTATION ON HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS AT MTSM 1 BANJARANYAR BOJONEGORO

xv + 101 Pages + 9 Tables + 22 Appendices

Anemia in adolescent girls is a significant public health issue, primarily caused by iron deficiency. This condition not only negatively impacts the physical health of adolescents, such as decreased energy and academic performance, but may also lead to reproductive health problems during future pregnancies. This study aims to determine the effect of iron (Fe) tablet supplementation on hemoglobin (Hb) levels in adolescent girls at MTSM 1 Banjaranyar Bojonegoro.

The study used a quasi-experimental design with a one-group pretest-posttest approach involving 33 seventh-grade girls aged 12–15 years. The intervention consisted of administering Fe tablets at a dosage of one tablet per week, and during menstruation, one tablet per day for 10 days. The supplementation lasted for 4 weeks. The independent variable was the Fe tablet supplementation, while the dependent variable was hemoglobin level. Instruments used included a digital hemoglobin measuring device, questionnaires, and observation sheets. Data analysis was conducted using the Wilcoxon Signed-Rank Test ($\alpha < 0.05$).

The study showed that the average Hb level before the intervention was 12.7 g/dL, which increased to 13.7 g/dL after the intervention. The Wilcoxon Signed-Rank Test indicated a significant difference ($p\text{-value} = 0.000$), suggesting that Fe tablet supplementation was effective in increasing Hb levels. A total of 75.7% of respondents experienced an increase in Hb levels, while 24.2% showed minimal change.

These findings are consistent with previous studies on the effectiveness of iron supplementation. The variation in responses highlights the importance of a comprehensive approach through nutrition education to enhance iron absorption, close monitoring of side effects, and screening for specific risk factors.

Iron tablet supplementation has a significant effect on increasing hemoglobin levels in adolescent girls. It is recommended to continue Fe supplementation programs as an intervention. School-based implementation with education and monitoring components is recommended for optimal outcomes.

Keywords : Iron, Hemoglobin, Adolescent Girls, Anemi

References : 24 journals, 5 books (2016 – 2024)