

ABSTRAK

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HUBUNGAN PENGETAHUAN DAN KONSUMSI TABLET FE DENGAN
KEJADIAN ANEMIA PADA REMAJA PUTRI DI MA AL-MU'AWANAH
KABUPATEN SIDOARJO

xvi + 60 Halaman + 8 Tabel + 12 Lampiran

Anemia terjadi ketika jumlah eritrosit di bawah nilai standar, akibatnya darah membawa suplai oksigen ke seluruh jaringan tubuh kurang. Zat besi kurang berujung pada terjadinya kurang darah. Salah satu langkah pencegahannya yaitu, mengonsumsi tablet tambah darah, namun pengetahuan serta konsumsi tablet Fe masih tergolong rendah. Penelitian bertujuan menganalisis hubungan pengetahuan dan konsumsi tablet Fe dengan kejadian anemia pada remaja putri di MA Al-Mu'awanah Kabupaten Sidoarjo.

Penelitian menggunakan *cross-sectional* dilaksanakan bulan Maret 2025 dengan melibatkan 40 responden siswi, dipilih dengan purposive sampling. Data pengetahuan dan konsumsi tablet Fe yang diperoleh dari kuesioner, sedangkan kadar hemoglobin diukur dengan bantuan alat Easy Touch GCHb.

Hasil menunjukkan bahwa 60% responden memiliki pengetahuan baik, 60% rutin mengonsumsi tablet Fe, dan 62,5% berada pada kondisi tidak anemia. Analisis uji statistik signifikan yaitu adanya hubungan pengetahuan dengan kejadian anemia ($p = 0,000$) dan konsumsi tablet Fe dengan kejadian anemia ($p = 0,046$). Kesimpulannya, peningkatan pengetahuan yang baik dan mengonsumsi tablet Fe cenderung tidak anemia. Oleh karena itu, perlunya edukasi kesehatan berkesinambungan dan pemantauan rutin kesehatan secara berkelanjutan.

Kata kunci : Anemia, Remaja Putri, Pengetahuan, Konsumsi, Tablet Fe
Daftar bacaan : 16 buku (2016–2023)

ABSTRACT

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THE RELATIONSHIP BETWEEN KNOWLEDGE AND CONSUMPTION OF FE TABLETS WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT MADRASAH ALIYAH AL-MU'AWANAH SIDOARJO DISTRICT

xvi + 60 Pages + 8 Tables + 12 Attachments

Anemia occurs when the number of erythrocytes is below the standard value, resulting in less blood carrying oxygen supply to all body tissues. Iron deficiency leads to blood loss. One of the preventive measures is taking blood supplement tablets, but knowledge and consumption of Fe tablets are still relatively low. The study aims to analyze the relationship between knowledge and consumption of Fe tablets with the incidence of anemia in adolescent girls at Madrasah Aliyah Al-Mu'awanah Sidoarjo Regency.

The cross-sectional study was conducted in March 2025 involving 40 female respondents, selected by purposive sampling. Data on knowledge and consumption of Fe tablets were obtained from a questionnaire, while the examination of hemoglobin levels was measured using the Easy Touch Glucose Cholesterol Hemoglobin tool.

The results showed that 60% of respondents had good knowledge, 60% regularly consumed Fe tablets, and 62.5% were not anemic. Statistical test analysis was significant, namely the relationship between knowledge and the incidence of anemia ($p = 0.000$) and Fe tablet consumption with the incidence of anemia ($p = 0.046$). In conclusion, increasing good knowledge and consuming Fe tablets tends not to be anemic. Therefore, there is a need for continuous health education and routine health monitoring on an ongoing basis.

Keywords : Anemia, Adolescent Girls, Knowledge, Consumption, Iron Tablets

References : 16 books (2016–2023)