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**GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG TABLET FE
DI MTS NEGERI 1 BANJARNEGARA KABUPATEN BANJARNEGARA
TAHUN 2023**

(xv + 85 halaman + 12 tabel + 9 lampiran)

ABSTRAK

Latar belakang : Remaja tergolong rentan terhadap masalah gizi. Dikarenakan membutuhkan lebih banyak energi dan nutrisi, perubahan gaya hidup dan kebiasaan makan serta persiapan kehamilan. Tingginya kejadian anemia pada remaja disebabkan oleh peningkatan kebutuhan zat besi untuk pembentukan sel darah merah karena menstruasi. Salah satu intervensi yang ditujukan untuk menurunkan prevalensi anemia pada remaja adalah pemberian suplemen zat besi dan asam folat melalui pemberian tablet besi (TTD). Cakupan konsumsi TTD pada remaja putri (12-18 tahun), sebanyak 76,2 persen. Salah satu penyebab cakupan remaja tidak mengkonsumsi tablet besi ialah ketidaktahuan. Pengetahuan mempengaruhi sikap dan perilaku saat memilih makanan, meminum tablet penambah darah saat haid, yang kemudian mempengaruhi status gizi seseorang termasuk anemia. Berdasarkan hasil studi pendahuluan di MTs Negeri 1 Banjarnegara melalui 10 siswi di MTs Negeri 1 Banjarnegara diketahui hanya 4 siswi yang memahami tentang pengertian tablet Fe dan manfaat teblet Fe, sementara 6 siswi hanya mengetahui tentang pengertian tablet Fe saja.

Tujuan penelitian: Untuk mengetahui gambaran pengetahuan remaja putri tentang tablet Fe Di Mts Negeri 1 Banjarnegara Kabupaten Banjarnegara.

Metode: Jenis penelitian *Deskriptif kuantitatif* dengan pendekatan *Cross Sectional*. Jumlah populasi sebanyak 152 remaja putri, dihitung menggunakan rumus slovin sehingga jumlah sampel 60 responden. Teknik pengambilan sampel menggunakan metode *Proposional Random Sampling* dengan instrument penelitian kuesioner. Analisis data meminum *Analisis Univariat*.

Hasil: Hasil penelitian pengetahuan remaja putri tentang pengertian tablet Fe sebanyak 49 responden (81,7%), manfaat sebanyak 45 responden (75%), cara meminum sebanyak 47 responden (78,3%), efek samping sebanyak 42 responden (70%), makanan yang mengandung zat besi sebanyak 49 respoden (81,7%). Dan pengetahuan secara umum dalam kategori cukup sebanyak 37 responden (61,7%), baik sebanyak 22 responden (36,7%), dan kurang sebanyak 1 responden (1,7%).

Simpulan: Gambaran Pengetahuan Remaja Putri tentang Tablet Fe di MTsN 1 Banjarnegara Kabupaten Banjarnegara sebagian besar dalam kategori cukup yaitu sebanyak 37 responden (61,7%).

Kata kunci: Pengetahuan, Remaja Putri, Tablet Fe

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**DESCRIPTION OF ADOLESCENT KNOWLEDGE ABOUT TABLET FE
IN MTS NEGERI 1 BANJARNEGARA, DISTRICT OF BANJARNEGARA
YEAR 2023**

(xv + 85 pages + 12 tables + 9 attachments)

ABSTRACT

Background: Adolescents are classified as vulnerable to nutritional problems. Due to the need for more energy and nutrition, changes in lifestyle and eating habits and preparation for pregnancy. The high incidence of anemia in adolescents is caused by an increased need for iron for the formation of red blood cells due to menstruation. One of the interventions aimed at reducing the prevalence of anemia in adolescents is the provision of iron and folic acid supplements through iron tablets (TTD). The coverage of iron supplement consumption among young women (12-18 years), is 76.2 percent. One of the causes of the coverage of adolescents not consuming iron tablets is ignorance. Knowledge influences attitudes and behavior when choosing food, taking blood booster tablets during menstruation, which then affects a person's nutritional status including anemia. Based on the results of a preliminary study at MTs Negeri 1 Banjarnegara through 10 students at MTs Negeri 1 Banjarnegara it was found that only 4 students understood the meaning of Fe tablets and the benefits of Fe tablets, while 6 students only knew about the meaning of Fe tablets.

Purpose: To describe the knowledge of young women about Fe tablets at MTS Negeri 1 Banjarnegara, Banjarnegara Regency

Method: This type of quantitative descriptive research with a cross sectional approach. The total population is 152 young women, calculated using the slovin formula so that the total sample is 60 respondents. The sampling technique uses the Proportional Random Sampling method with a questionnaire research instrument. Data analysis using Univariate Analysis.

Results: The results of the research on the knowledge of young women regarding the meaning of Fe tablets were 49 respondents (81.7%), benefits were 45 respondents (75%), how to use were 47 respondents (78.3%), side effects were 42 respondents (70 %), foods containing iron were 49 respondents (81.7%). And general knowledge in the sufficient category is 37 respondents (61.7%), good as many as 22 respondents (36.7%), and less as much as 1 respondent (1.7%)

Conclusion: Knowledge description of young women about Fe tablets at MTsN 1 Banjarnegara, Banjarnegara Regency, is in the sufficient category, namely 37 respondents (61.7%)

Keywords: Knowledge, Young Women, Fe tablets