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## **GAMBARAN KONSUMSI TABLET TAMBAH DARAH DAN KADAR HEMOGLOBIN REMAJA PUTRI DI SMPN 4 BULIK**

### **ABSTRAK**

**Latar Belakang:** Prevalensi anemia di kelompok remaja putri masih tinggi. Salah satu program penanganan anemia adalah pemberian Tablet Tambah Darah pada remaja putri yang bertujuan agar remaja putri dapat terhindar dari risiko anemia. Kesadaran serta kepatuhan dari remaja putri sangat mempengaruhi dalam konsumsi Tablet Tambah Darah. Penelitian ini bertujuan untuk mengetahui gambaran konsumsi tablet tambah darah dan kadar hemoglobin remaja putri di SMPN 4 Bulik Kabupaten Lamandau.

**Metode:** Penelitian ini menggunakan desain penelitian Analitik Observasional dengan pendekatan *cross sectional*. Populasi dari penelitian ini adalah seluruh remaja putri yang sudah mengalami menstruasi di SMPN 4 Bulik sebanyak 30 orang. Sampel penelitian pada penelitian ini adalah siswi kelas VII, VIII, dan IX di SMPN 4 Bulik Kabupaten Lamandau pada saat penelitian ini dilakukan yaitu sebanyak 30 orang dengan menggunakan teknik *total sampling*. Analisis data menggunakan *Uji Paired Sample T-test* (Uji T Berpasangan) untuk mengetahui perbedaan kadar Hb sebelum dan sesudah konsumsi tablet tambah darah.

**Hasil:** Hasil penelitian ini menunjukkan sebelum mengkonsumsi tablet tambah darah, terdapat 11 orang (36,7%) remaja putri yang mengalami anemia sedang dan 11 orang (36,7%) tidak anemia. Sesudah mengkonsumsi tablet tambah darah terdapat 16 orang (53,3%) memiliki kadar Hb  $\geq 12$  g/dl normal (tidak anemia). Berdasarkan hasil uji T, nilai p value sebesar 0,046 ( $< 0,05$ ) yang berarti ada pengaruh konsumsi tablet tambah darah terhadap kadar hemoglobin pada remaja putri di SMPN 4 Bulik Kabupaten Lamandau. Rata-rata peningkatan kadar Hb remaja putri setelah mengkonsumsi tablet tambah darah selama 3 bulan sebesar 0,56 g/dl

**Simpulan:** Ada pengaruh dari konsumsi tablet tambah darah terhadap kadar hemoglobin pada remaja putri di SMPN 4 Bulik Kabupaten Lamandau

**Kata Kunci:** remaja putri, tablet tambah darah, kadar hemoglobin

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## **DESCRIPTION OF BLOOD SUPPLEMENT CONSUMPTION AND HEMOGLOBIN LEVELS OF ADOLESCENT GIRLS AT SMPN 4 BULIK**

### **ABSTRACT**

**Background:** The prevalence of anemia among adolescent girls is still high. One of the anemia treatment programs is the provision of Blood Addition Tablets to adolescent girls which aims to prevent them from the risk of anemia. Awareness and compliance of adolescent girls greatly affect the consumption of Blood Addition Tablets. This study aims to determine the consumption of blood supplement tablets and hemoglobin levels of adolescent girls at SMPN 4 Bulik, Lamandau Regency..

**Methods:** This study used Observational Analytic research design with cross sectional approach. The population of this study were all adolescent girls who had experienced menstruation at SMPN 4 Bulik as many as 30 people. The research sample in this study were students in grades VII, VIII, and IX at SMPN 4 Bulik, Lamandau Regency at the time this research was conducted, namely 30 people using the total sampling technique. Data analysis used Paired Sample T-test to determine the difference in Hb levels before and after consumption of blood supplement tablets.

**Results:** The results of this study showed that before consuming blood supplement tablets, there were 11 people (36.7%) adolescent girls who experienced moderate anemia and 11 people (36.7%) were not anemic. After consuming blood supplement tablets, there were 16 people (53.3%) who had normal Hb levels  $\geq 12$  g/dl (not anemic). Based on the results of the T test, the p value is 0.046 ( $<0.05$ ) which means that there is an effect of consuming blood supplement tablets on hemoglobin levels in adolescent girls at SMPN 4 Bulik, Lamandau Regency. The average increase in Hb level of adolescent girls after consuming blood supplement tablets for 3 months was 0.56 g/dl.

**Conclusion:** There is an effect of blood supplement tablet consumption on hemoglobin levels in adolescent girls at SMPN 4 Bulik, Lamandau Regency.

**Keywords:** adolescent girls, blood supplement tablets, hemoglobin level