

Universitas Ngudi Waluyo  
Program Studi S I Kebidanan Transfer Fakultas Kesehatan  
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Nova Harianti, Wahyu Kristiningrum, S.SiT.,M.H

## **GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG TABLET FE UNTUK MENCEGAH ANEMIA DI DESA DELIK KECAMATAN TUNTANG**

### **ABSTRAK**

**Latar Belakang:** Tablet tambah darah atau TTD merupakan suplemen zat besi yang mengandung 60 mg besi elementar dan 0,25 asam folat, TTD bila diminum secara teratur dan sesuai aturan dapat mencegah dan menanggulangi anemia gizi. Suplemen tablet tambah darah diberikan untuk menghindari remaja putri dari anemia besi. Di Desa Delik Kecamatan Tuntang terdapat angka kejadian anemia sebanyak 26 (7,9%) remaja putri terkena anemia pada bulan januari – mei 2024.

**Metode Penelitian:** Penelitian ini merupakan penelitian deskriptif kuantitatif. Instrumen penelitian menggunakan kuesioner. Populasi dalam penelitian ini adalah seluruh remaja putri di Desa Delik Kecamatan Tuntang yaitu 310. Teknik pengambilan sampel menggunakan *Accidental sampling* teknik pengambilan sampel yang dilakukan berdasarkan kebetulan, Remaja putri di desa delik kecamatan tuntang yaitu sebanyak 75 responden. Analisa univariat distribusi frekuensi pengetahuan responden.

**Hasil:** Pengetahuan remaja putri tentang tablet fe untuk mencegah anemia di desa Delik Kecamatan Tuntang. Sebagian besar responden berada pada kategori pengetahuan Kurang sebanyak 41 (54.7% %), Cukup sebanyak 31 (41,3%), Baik sebanyak 3 (4,0%). Hasil penelitian menunjukkan bahwa 41 (54.7%) responden memiliki pengetahuan dengan kategori kurang. Hal ini dipengaruhi oleh pendidikan responden karena ditemukan mayoritas responden kategori pendidikan dasar yaitu sebanyak 45 (60.0%) responden.

**Simpulan:** Pengetahuan remaja putri tentang tablet fe untuk mencegah anemia di Desa Delik Kecamatan Tuntang termasuk dalam kategori kurang. Hendaknya petugas kesehatan lebih meningkatkan memberikan penyuluhan kepada remaja untuk meningkatkan pemahaman remaja putri tentang tablet fe , cara minum, efek samping dan dampak, faktor penyebab dan pencegahan anemia pada remaja putri.

**Kata kunci :Pengetahuan, Remaja putri, Tablet FE**

Ngudi Waluyo University  
Undergraduated Midwifery Study Program, Faculty of Health Transfer  
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Nova Harianti, Wahyu Kristiningrum, S.SiT.,M.H

## **DESCRIPTION OF KNOWLEDGE OF ADOLESCENT FEMALES ABOUT FE TABLETS TO PREVENT ANEMIA IN DELIK VILLAGE, TUNTANG DISTRICT**

### **ABSTRACT**

**Background:** Iron tablets or TTD are iron supplements containing 60 mg of elemental iron and 0.25 folic acid, TTD if taken regularly and according to the rules can prevent and overcome nutritional anemia. Iron tablet supplements are given to prevent adolescent girls from iron anemia. In Delik Village, Tuntang District, there was an incidence of anemia of 26 (7.9%) adolescent girls affected by anemia in January - May 2024.

**Research Method:** This study is a quantitative descriptive study. The research instrument uses a questionnaire. The population in this study were all female teenagers in Delik Village, Tuntang District, namely 310. The sampling technique used Accidental sampling, a sampling technique carried out based on coincidence, female teenagers in Delik Village, Tuntang District, namely 75 respondents. Univariate analysis of the frequency distribution of respondents' knowledge.

**Results:** Knowledge of female adolescents about iron tablets to prevent anemia in Delik Village, Tuntang District, most respondents are in the category of knowledge Less as many as 41 (54.7%) Sufficient as many as 31 (41.3%), Good as many as 3 (4.0%). The results showed that 41 (54.7%) respondents had knowledge in the category of less. This is influenced by the education of the respondents because the majority of respondents were in the basic education category, namely 45 (60.0%) respondents.

**Conclusion:** Knowledge of female adolescents about iron tablets to prevent anemia in Delik Village, Tuntang District is included in the category of less. Health workers should increase their education to adolescents to improve their understanding of female adolescents about iron tablets, how to take them, side effects and impacts, causative factors and prevention of anemia in female adolescents.

**Keywords:** Knowledge, Female adolescents, Iron Tablets