

Universitas Ngudi Waluyo Ungaran
Kebidanan Program Sarjana,
Fakultas Kesehatan Skripsi, Agustus 2025
Feronika Askini Mirino, Wahyu Kristiningrum
152241001

**GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG TABLET FE
DI POSYANDU INTEGRASI LAYANAN PRIMER (ILP) DESA DELIK
KECAMATAN TUNTANG**

ABSTRAK

Latar belakang: Anemia pada remaja putri masih menjadi masalah kesehatan masyarakat yang serius di Indonesia, termasuk di Desa Delik Kecamatan Tuntang. Berdasarkan studi pendahuluan di Desa Delik, ditemukan bahwa sebagian remaja putri belum memahami sepenuhnya manfaat TTD dalam mencegah anemia.

Tujuan penelitian: Penelitian ini dilakukan untuk mengetahui Gambaran Pengetahuan Remaja Putri Tentang Tablet Fe di Posyandu *Integrasi Layanan Primer (ILP)* Desa Delik Kecamatan Tuntang.

Metode: Penelitian ini menggunakan desain deskriptif dengan metode cross sectional. Lokasi penelitian berada di Posyandu Integrasi Layanan Primer (ILP) Desa Delik, Kecamatan Tuntang, pada Juli 2025. Populasi penelitian adalah seluruh remaja putri di Desa Delik sebanyak 310 orang. Sampel berjumlah 76 responden, diambil menggunakan teknik *accidental sampling*.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar remaja putri memiliki pengetahuan baik tentang pengertian tablet Fe (50%), namun mayoritas memiliki pengetahuan kurang mengenai manfaatnya (48,6%). Sebagian besar responden memiliki pengetahuan cukup tentang cara konsumsi (45,7%) dan efek samping tablet Fe (42,9%). Sementara itu, pengetahuan mengenai makanan yang mengandung zat besi tergolong baik (62,9%).

Kesimpulan: Penelitian ini menyimpulkan bahwa pengetahuan remaja putri di Desa Delik tentang tablet Fe masih bervariasi. Meskipun sebagian besar memiliki pemahaman yang baik mengenai pengertian dan sumber zat besi, masih ditemukan kurangnya pemahaman terkait manfaat, cara konsumsi, dan efek samping tablet Fe. Hal ini menunjukkan perlunya peningkatan edukasi yang komprehensif mengenai tablet Fe di kalangan remaja putri sebagai upaya pencegahan anemia.

Kata kunci: Anemia, Remaja, Tablet Fe

Ngudi Waluyo University, Ungaran
Bachelor of Midwifery Program,
Faculty of Health Thesis,
August 2025
Feronika Askini Mirino, Wahyu Kristiningrum
152241001

Overview of Adolescent Girls' Knowledge about Iron (Fe) Tablets at the Integrated Primary Health Services (ILP) Posyandu in Delik Village, Tuntang Subdistrict

ABSTRACT

Background: Anemia among adolescent girls remains a significant public health issue in Indonesia, including in Delik Village, Tuntang Subdistrict. A preliminary study conducted in Delik Village revealed that many adolescent girls do not fully understand the benefits of iron supplementation (weekly iron tablets/Fe tablets) in preventing anemia.

Objective: This study aimed to explore the knowledge of adolescent girls regarding Fe tablets at the Integrated Primary Health Services (ILP) Posyandu in Delik Village, Tuntang Subdistrict.

Methods: This research employed a descriptive design with a cross-sectional approach. The study was conducted in July 2025 at the ILP Posyandu in Delik Village, Tuntang Subdistrict. The population consisted of all adolescent girls in Delik Village, totaling 310 individuals. A sample of 76 respondents was selected using accidental sampling technique.

Results: The results showed that most adolescent girls had good knowledge about the definition of Fe tablets (50%), while the majority had poor knowledge about their benefits (48.6%). Most respondents demonstrated moderate knowledge regarding how to consume the tablets (45.7%) and their side effects (42.9%). However, knowledge about iron-rich foods was generally good (62.9%).

Conclusion: The study concludes that adolescent girls' knowledge about Fe tablets in Delik Village varies. Although many have a good understanding of the definition and sources of iron, gaps remain in their understanding of the benefits, consumption methods, and side effects of Fe tablets. These findings highlight the need for more comprehensive education about Fe tablets among adolescent girls as part of anemia prevention efforts.

Keywords: Anemia, Adolescents, Fe Tablets