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GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG TABLET FE UNTUK MENCEGAH ANEMIA DI SMK N 1 DONGGO KOTA BIMA

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). Pengetahuan tentang anemia, sikap minum Tablet tambah Darah (TTD), motivasi minum TTD, daya beli TTD, persepsi TTD, efek samping yang dirasakan, pendapatan orang tua, budaya, dukungan guru dan dukungan lingkungan (keluarga dan teman sebaya) diyakini berkaitan terhadap cakupan meminum tablet besi di kalangan remaja putri. Berdasarkan hasil studi pendahuluan di SMK N 1 Donggo Kota Bima melalui 25 siswi di SMK N 1 Donggo Kota Bima diketahui hanya 9 siswi yang memahami tentang pengertian tablet Fe dan manfaat tablet Fe, sementara 16 siswi hanya mengetahui tentang pengertian tablet Fe saja. Hal ini juga dikuatkan dengan pernyataan Guru Sebagai Wali Kelas yang menyatakan apabila terdapat beberapa yang merasakan seringkali lesu, lelah, dan tidak bisa berkonsentrasi ketika belajar, apa lagi saat siswa putri sedang menstruasi.

Tujuan dari penelitian : Untuk mengetahui Gambaran Pengetahuan Remaja Putri Tentang Tablet Fe untuk Mencegah Anemia Di Smk N 1 Donggo Kota Bima.

Metode : Jenis penelitian *Deskriptif kuantitatif* dengan pendekatan *Cross Sectional*. Jumlah populasi sebanyak 55 remaja putri, Teknik pengambilan sampel menggunakan metode *Total Sampling* dengan instrument penelitian kuesioner. Analisis data meminum *Analisis Univariat*

Hasil : Hasil penelitian pengetahuan remaja putri tentang pengertian tablet Fe Berdasarkan statistik dimana Sebagian besar responden memiliki kemampuan Baik. Rata-rata nilai pemahaman responden adalah 36,71 dengan mayoritas nilai pengetahuan adalah 38.

Kesimpulan : Gambaran Pengetahuan Remaja Putri Tentang Tablet Fe untuk Mencegah Anemia Di Smk N 1 Donggo Kota Bima. sebagian besar dalam kategori sebagian besar responden memiliki pengetahuan baik berjumlah 54 orang (98,2%) dan sebagian kecil responden mempunyai pengetahuan Cukup yaitu 1 orang (1,8%).

Kata kunci : Remaja Putri, Tablet Fe
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OVERVIEW OF ADOLESCENT WOMEN'S KNOWLEDGE ABOUT FE TABLETS

PREVENT ANEMIA AT SMK N 1 DONGGO, BIMA CITY

ABSTRACT

Background: Adolescents are classified as vulnerable to nutritional problems. Because it requires more energy and nutrition, changes in lifestyle and eating habits and preparation for pregnancy. The high incidence of anemia in adolescents is caused by the increased need for iron for the formation of red blood cells due to menstruation. One intervention aimed at reducing the prevalence of anemia in adolescents is providing iron and folic acid supplements through iron tablets (TTD). Knowledge about anemia, attitude towards taking Blood Additive Tablets (TTD), motivation to drink TTD, purchasing power for TTD, perception of TTD, perceived side effects, parents' income, culture, teacher support and environmental support (family and peers) are believed to be related to coverage. taking iron tablets among young women. Based on the results of a preliminary study at SMK N 1 Donggo, Bima City, through 25 female students at SMK N 1 Donggo, Bima City, it was found that only 9 female students understood the meaning of Fe tablets and the benefits of Fe tablets, while 16 female students only knew about the meaning of Fe tablets. This is also confirmed by the statement of the teacher as class teacher who stated that there were some who often felt lethargic, tired, and unable to concentrate when studying, especially when female students were menstruating.

Method: This type of research is quantitative descriptive with a cross sectional approach. The total population was 55 young women. The sampling technique used the Total Sampling method with a questionnaire research instrument. Drinking data analysis Univariate analysis

Results: Results of research on the knowledge of young women regarding the meaning of Fe tablets. Based on the results of univariate analysis, a good picture of knowledge regarding Blood Additive Tablets was obtained. This is proven by the results of statistical analysis where the majority of respondents have good abilities. The average understanding score of respondents was 36.71 with the majority of knowledge scores being 38.

Conclusion: Description of Young Women's Knowledge About Fe Tablets to Prevent Anemia at SMK N 1 Donggo, Bima City. Most of the respondents in the category had good knowledge, amounting to 54 people (98.2%) and a small number of respondents had sufficient knowledge, namely 1 person (1.8%).

Keywords: Young Women, Fe Tablets.

