

ABSTRAK

HUBUNGAN KEPATUHAN KONSUMSI TABLET TAMBAH DARAH DAN SIKLUS MENSTRUASI DENGAN KEJADIAN ANEMIA REMAJA PUTRI DI SMA NEGERI 2 TARAKAN

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Latar belakang: Anemia merupakan masalah kesehatan global yang signifikan, terutama pada remaja putri, dengan prevalensi tinggi meskipun program pemberian Tablet Tambah Darah (TTD) telah dijalankan secara luas. Faktor kepatuhan konsumsi TTD dan pola menstruasi diduga berperan penting terhadap tingginya angka kejadian anemia, sehingga diperlukan penelitian lebih lanjut di lingkungan sekolah.

Tujuan: Mengetahui hubungan kepatuhan konsumsi tablet tambah darah dan siklus menstruasi dengan kejadian anemia remaja putri di SMA Negeri 2 Tarakan.

Metode: Desain penelitian ini deskriptif korelatif dengan pendekatan *cross sectional*. Populasi penelitian ini adalah seluruh siswi kelas 11 dari SMA Negeri 2 Tarakan yang berjumlah 206 orang. Pengambilan data menggunakan metode *purposive sampling*. Alat pengambilan data menggunakan kuesioner pengukuran tingkat kepatuhan konsumsi tablet tambah darah. Analisis data menggunakan uji *chi square* menggunakan SPSS.

Hasil: Berdasarkan uji *Pearson Chi-Square*, diperoleh nilai statistik sebesar 9,531 dengan nilai signifikansi (p) sebesar 0,002.

Kesimpulan: Terdapat hubungan yang signifikan antara kepatuhan konsumsi TTD dengan kejadian anemia pada remaja putri, dengan nilai $p < 0,02$.

Kata kunci: anemia, tablet tambah darah, remaja putri.

ABSTRACT

THE RELATIONSHIP BETWEEN COMPLIANCE WITH IRON TABLET CONSUMPTION AND MENSTRUAL CYCLE WITH THE INCIDENCE OF ANEMIA IN ADOLESCENT GIRLS AT SMA NEGERI 2 TARAKAN

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Background: Anemia is a significant global health issue, particularly among adolescent girls, with high prevalence rates despite the widespread implementation of iron tablet supplementation programs. Compliance with iron tablet consumption and menstrual patterns are suspected to play a significant role in the high incidence of anemia, necessitating further research in school settings.

Objective: To determine the relationship between iron tablet consumption compliance and menstrual cycle patterns with the incidence of anemia among adolescent girls at State High School 2 Tarakan.

Methods: This study employed a descriptive correlational design with a cross-sectional approach. The study population consisted of all 11th-grade female students at SMA Negeri 2 Tarakan, totaling 206 participants. Data collection utilized purposive sampling. Data collection tools included a questionnaire measuring compliance with iron tablet consumption. Data analysis employed the chi-square test using SPSS.

Results: Based on the Pearson Chi-Square test, a statistical value of 9.531 was obtained with a significance level (*p*) of 0.002.

Conclusion: There is a significant association between compliance with iron tablet consumption and the incidence of anemia among adolescent girls, with a *p*-value <0.02.

Keywords: anemia, iron tablets, adolescent girls.