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INOVASI PROGRAM EDUKASI "REMAJA BEBAS ANEMIA" BERBASIS SEKOLAH DI PESANTREN ULUL ALBAB

ABSTRAK

Latar Belakang: Cakupan konsumsi Tablet Tambah Darah (TTD) pada santriwati Pondok Pesantren Ulul Albab merupakan yang terendah di antara sekolah dan pesantren binaan UPTD Puskesmas Pimping. Dari 84 santriwati yang telah mendapatkan TTD, hanya 8 orang (9,5%) yang tercatat mengonsumsinya. Hambatan meliputi kurangnya pemahaman, anggapan TTD tidak diperlukan ketika tubuh sehat, keluhan mual atau sakit perut, lupa, belum adanya pengingat, dan belum optimalnya monitoring. Karya kinerja ini bertujuan mengembangkan Program Edukasi "Remaja Bebas Anemia" melalui pembentukan Duta Anti Anemia sebagai pendidik sebaya.

Metode: Karya kinerja menggunakan pendekatan deskriptif-evaluatif terhadap 84 santriwati. Pengembangan program meliputi identifikasi masalah, koordinasi dengan Puskesmas dan pesantren, pemilihan dan pembentukan 8 Duta Anti Anemia, pembekalan, edukasi santriwati, minum TTD bersama, serta monitoring selama empat minggu. Evaluasi menggunakan checklist aktivitas duta, lembar monitoring konsumsi TTD, serta kuesioner pre-test dan post-test sebagai data pendukung.

Hasil: Delapan Duta Anti Anemia terbentuk dan menjalankan peran sebagai edukator, pengingat, pendamping, serta pemantau konsumsi TTD dengan keterlaksanaan aktivitas sebesar 90,6%. Cakupan konsumsi TTD meningkat dari 9,5% sebelum program menjadi 32,1% pada minggu pertama, 57,1% minggu kedua, 71,4% minggu ketiga, dan 88,1% minggu keempat. Pengetahuan kategori baik meningkat dari 4,8% menjadi 86,9%.

Simpulan: Program Edukasi "Remaja Bebas Anemia" melalui pembentukan Duta Anti Anemia dapat dilaksanakan sebagai bentuk pemberdayaan teman sebaya yang mendukung edukasi, pengingat, pendampingan, dan monitoring konsumsi TTD pada santriwati.

Saran: Program Duta Anti Anemia perlu dilanjutkan secara berkelanjutan melalui pembinaan berkala oleh UPTD Puskesmas Pimping, dukungan pengelola pesantren, monitoring konsumsi TTD secara rutin, serta regenerasi duta agar kegiatan tetap berjalan secara konsisten.

Kata kunci: anemia, Duta Anti Anemia, remaja putri, Tablet Tambah Darah, peer educator

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INNOVATION OF THE SCHOOL-BASED "ANEMIA-FREE ADOLESCENTS" EDUCATION PROGRAM AT ULUL ALBAB ISLAMIC BOARDING SCHOOL

ABSTRACT

Background*: The coverage of Iron-Folic Acid (IFA) tablet consumption among female students at Ulul Albab Islamic Boarding School was the lowest among schools and Islamic boarding schools supervised by Pimping Public Health Center. Of 84 female students who had received IFA tablets, only 8 students (9.5%) were recorded as consuming them. The barriers included limited understanding, the assumption that IFA tablets were unnecessary when feeling healthy, complaints of nausea or abdominal discomfort, forgetfulness, lack of reminders, and suboptimal monitoring. This performance project aimed to develop the "Anemia-Free Adolescents" Education Program through the establishment of Anti-Anemia Ambassadors as peer educators.*

Methods*: This performance project employed a descriptive-evaluative approach involving 84 female students. Program development included problem identification, coordination with the Public Health Center and the Islamic boarding school, selection and establishment of 8 Anti-Anemia Ambassadors, ambassador training, student education, supervised group IFA tablet consumption, and four weeks of monitoring. Evaluation used ambassador activity checklists, IFA consumption monitoring sheets, and pre-test and post-test questionnaires as supporting data.*

Results*: Eight Anti-Anemia Ambassadors were established and performed roles as educators, reminders, companions, and monitors of IFA tablet consumption, with an overall activity implementation rate of 90.6%. IFA tablet consumption coverage increased from 9.5% before the program to 32.1% in the first week, 57.1% in the second week, 71.4% in the third week, and 88.1% in the fourth week. The proportion of students with good knowledge increased from 4.8% to 86.9%.*

Conclusion*: The "Anemia-Free Adolescents" Education Program through Anti-Anemia Ambassadors can be implemented as a peer-empowerment strategy to support education, reminders, assistance, and monitoring of IFA tablet consumption among female students.*

Recommendation: *The Anti-Anemia Ambassador Program should be continued through regular coaching by Pimping Public Health Center, support from the Islamic boarding school management, routine monitoring of IFA tablet consumption, and ambassador regeneration to ensure program sustainability.*

Keywords: anemia, Anti-Anemia Ambassadors, adolescent girls, iron-folic acid tablets, peer educators.