

ABSTRAK

“PENGARUH PENDIDIKAN KESEHATAN TENTANG ANEMIA TERHADAP TINGKAT KEPATUHAN DALAM MENGKONSUMSI TABLET TAMBAH DARAH DAN KADAR HB REMAJA PUTRI DI SMA HASANUDIN WAJAK”

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Remaja putri lebih rentan anemia dibandingkan dengan remaja laki-laki. Data menunjukkan bahwa meskipun program pemberian TTD sudah dijalankan di sekolah, hanya sedikit remaja putri yang benar-benar mengonsumsinya sesuai anjuran. Tujuan penelitian untuk pengaruh pendidikan kesehatan tentang anemia terhadap tingkat kepatuhan dalam mengonsumsi tablet tambah darah dan kadar hb remaja putri di SMA Hasanudin Wajak.

Penelitian ini menggunakan "One Group Pretest- Posttest". Perlakuan pada penelitian ini adalah peneliti mengobservasi tingkat kepatuhan remaja putri dalam mengonsumsi tablet tambah darah serta kadar hb pada saat sebelum diberikan Pendidikan kesehatan tentang anemia kemudian diobservasi lagi sesudah diberikan Pendidikan kesehatan tentang anemia. Penelitian ini dilakukan pada tanggal 17 Januari 2025 sampai tanggal 7 Februari 2025 di SMA Hasanudin Wajak. Tingkat kepatuhan remaja putri dalam mengonsumsi tablet tambah darah sebelum dilakukan pendidikan kesehatan yakni paling banyak adalah kriteria tidak patuh yakni sebanyak 21 siswi (55%) dan setelah dilakukan pendidikan kesehatan menjadi naik yakni 53% (20 orang). Kadar Hb remaja putri sebelum diberikan pendidikan kesehatan dan sesudahnya tidak mengalami penurunan yakni masih dalam batas normal ($>12\text{g/dl}$).

Hasil uji Chi-Square menunjukkan bahwa terdapat hubungan yang signifikan antara kepatuhan remaja putri dalam mengonsumsi tablet tambah darah sebelum dan sesudah diberikan pendidikan kesehatan tentang anemia ($p = 0.003$). Nilai Pearson Chi-Square = 11.785 mengindikasikan bahwa setelah mendapatkan edukasi, terjadi peningkatan kepatuhan dalam mengonsumsi tablet tambah darah. Dapat disimpulkan pendidikan kesehatan memiliki peran penting dalam meningkatkan kesadaran dan kepatuhan remaja putri terhadap konsumsi tablet tambah darah.

Kata Kunci: Pendidikan Kesehatan tentang anemia, Tingkat kepatuhan, Kadar Hb

ABSTRACT

"THE INFLUENCE OF HEALTH EDUCATION ABOUT ANEMIA ON THE LEVEL OF COMPLIANCE IN CONSUMING BLOOD SUPPLEMENT TABLETS AND HB LEVELS OF ADOLESCENT GIRLS AT HASANUDIN WAJAK HIGH SCHOOL"

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Adolescent girls are more susceptible to anemia than adolescent boys. Data shows that even though the TTD program has been implemented in schools, only a few adolescent girls actually consume it as recommended. The aim of the research is the influence of health education about anemia on the level of compliance in consuming blood supplement tablets and the hemoglobin levels of young women at Hasanudin Wajak High School.

This research uses "One Group Pretest- Posttest". The treatment in this study was that researchers observed the level of compliance of young women in consuming blood supplement tablets and their HB levels before being given health education about anemia and then observing again after being given health education about anemia. This research was conducted from January 17 2025 to February 7 2025 at Hasanudin Wajak High School. The level of compliance among young women in consuming blood supplement tablets before the health education was carried out was the highest with the non-compliance criteria, namely 21 female students (55%) and after the health education was carried out, it increased to 53% (20 people). The Hb levels of young women before being given health education and afterward did not decrease, namely they were still within normal limits ($>12\text{g/dl}$).

The results of the Chi-Square test showed that there was a significant relationship between the compliance of young women in consuming blood supplement tablets before and after being given health education about anemia ($p = 0.003$). The Pearson Chi-Square value = 11.785 indicates that after receiving education, there was an increase in compliance in consuming blood supplement tablets. It can be concluded that health education has an important role in increasing awareness and compliance among young women regarding the consumption of blood supplement tablets.

Keywords: Health education about anemia, level of compliance, Hb levels