

**ABSTRAK****PENGARUH SIKAP DAN DUKUNGAN KELUARGA TERHADAP KEPATUHAN MENGGUNAKAN TABLET TAMBAH DARAH PADA SISWI DI SMP NEGERI 6 BACAN HALMAHERA SELATAN****Oleh:****Nurwatan Abd Kadir**

Anemia merupakan masalah kesehatan yang signifikan di Indonesia, terutama di kalangan remaja, kepatuhan siswi dalam mengonsumsi TTD masih menjadi tantangan, terutama di daerah-daerah seperti SMP Negeri 6 Bacan, Halmahera Selatan. Tujuan penelitian ini untuk menganalisis pengaruh sikap dan dukungan keluarga terhadap kepatuhan mengonsumsi tablet tambah darah pada siswi di SMP Negeri 6 Bacan Halmahera Selatan. Desain penelitian ini adalah penelitian kuantitatif observasional dengan rancangan *cross sectional* dengan fokus penelitiannya diarahkan untuk akan menganalisis pengaruh sikap dan dukungan keluarga terhadap kepatuhan mengonsumsi tablet tambah darah pada siswa di SMP Negeri 6 Bacan Halmahera Selatan. Jumlah populasi sejumlah 41 responden dan sampel sebanyak 37 responden yang diambil dengan teknik *Simple Random Sampling*. Berdasarkan hasil hampir separuh responden memiliki sikap kategori cukup sebanyak 17 responden (45,9%). Hampir separuh responden memiliki dukungan keluarga kategori cukup sebanyak 15 responden (40,5%). Hampir separuh responden cukup patuh mengonsumsi tablet tambah darah sebanyak 16 responden (43,2%). Berdasarkan hasil analisis *Regresi Linear* menunjukkan bahwa dengan nilai *p-value*  $0,000 < 0,05$  maka  $H_1$  diterima jadi disimpulkan bahwa secara simultan ada pengaruh sikap dan dukungan keluarga terhadap kepatuhan mengonsumsi tablet tambah darah pada siswi di SMP Negeri 6 Bacan Halmahera Selatan dengan besaran pengaruh sejumlah 92,4%. Penelitian konsisten menunjukkan bahwa siswa dengan sikap baik memiliki kemungkinan lebih patuh, sementara mereka yang mendapat dukungan keluarga baik memiliki kemungkinan lebih patuh dalam mengonsumsi TTD. Kombinasi kedua faktor ini dapat meningkatkan kepatuhan, jauh lebih tinggi dibandingkan ketika kedua faktor tersebut tidak hadir.

**Kata Kunci : Dukungan Keluarga, Kepatuhan & Sikap**

**ABSTRACT****THE EFFECT OF FAMILY ATTITUDES AND SUPPORT ON  
COMPLIANCE WITH CONSUMING IRON SUPPLEMENT TABLETS IN  
STUDENTS AT STATE JUNIOR HIGH SCHOOL 6 BACAN  
SOUTH HALMAHERA****By:****Nurwatan Abd Kadir.Amd**

Anemia is a significant health problem in Indonesia, especially among adolescents, student compliance in consuming TTD is still a challenge, especially in areas such as State Junior High School 6 Bacan, South Halmahera. The purpose of this study was to analyze the influence of attitudes and family support on compliance with consuming blood supplement tablets in students at State Junior High School 6 Bacan South Halmahera. The design of this study is an observational quantitative research with a *cross sectional design* with the focus of the research directed to analyze the influence of attitudes and family support on compliance with consuming blood supplement tablets in students at State Junior High School 6 Bacan South Halmahera. The total population was 41 respondents and a sample of 37 respondents was taken using *the Simple Random Sampling technique*. Based on the results, almost half of the respondents had an adequate category attitude, as many as 17 respondents (45.9%). Almost half of the respondents had sufficient family support, with 15 respondents (40.5%). Almost half of the respondents were compliant enough to take blood supplement tablets as many as 16 respondents (43.2%). Based on the results of the *Linear Regression* analysis, it shows that with a *p-value* of  $0.000 < 0.05$ , H1 is accepted, so it is concluded that simultaneously there is an influence of attitudes and family support on the adherence to consuming blood supplement tablets in students at State Junior High School 6 Bacan South Halmahera with an influence of 92.4%. Research consistently shows that students with good attitudes are more likely to be compliant, while those with good family support are more likely to be compliant in consuming TTD. The combination of these two factors can increase compliance, much higher than when both factors are not present.

**Keywords : Family Support, Obedience & Attitude**