

ABSTRAK

Latar Belakang: Data Riskesdas 2018 menunjukkan bahwa terdapat 32% remaja di Indonesia mengalami anemia. Prevalensi anemia remaja putri lebih besar dibandingkan laki-laki yakni sebesar 23% sedangkan laki-laki 12% (Kemenkes, 2019). Hasil surveilans prevalensi anemia remaja putri di DIY yaitu sebesar 25,5%. Pencegahan dan penanggulangan anemia remaja putri di sekolah dilakukan dengan beberapa upaya seperti pelatihan kepada guru Usaha Kesehatan Sekolah (UKS), penyuluhan kepada siswa, orang tua wali oleh guru sekolah, dan selanjutnya siswa dapat melakukan penyuluhan kepada siswa lain (*peer*).

Tujuan: Menganalisa peran puskesmas, sekolah, dan orang tua terhadap program pencegahan dan penanggulangan anemia pada remaja putri di SMKN 1 Kota Yogyakarta.

Metode: Penelitian ini merupakan *Implementation Research* menggunakan pendekatan kualitatif dengan rancangan deskriptif-eksploratif. Responden penelitian dipilih menggunakan *purposive sampling*. Pengambilan data menggunakan wawancara mendalam dan Diskusi Kelompok Terarah (DKT).

Hasil: Pelaksanaan program pencegahan dan penanggulangan anemia di sekolah belum sepenuhnya sesuai. Seluruh informan menerima adanya program ini di sekolah, meskipun dengan beberapa hambatan, kurangnya komunikasi antar lintas sektor, dan kurangnya pemahaman materi anemia pada remaja putri.

Kesimpulan: Kurangnya komunikasi berdampak pada keberhasilan program dan perlunya meningkatkan pengetahuan seluruh SDM yang terlibat dalam program penanggulangan dan pencegahan anemia remaja putri di sekolah.

Kata Kunci: *Anemia, Remaja putri, Implementation research, Kualitatif*

ABSTRACT

Background: The 2018 Riskesdas data shows that 32% of adolescents in Indonesia have anemia. The prevalence of anemia among female adolescents is greater than that of males, which is 23%, while males are 12% (Ministry of Health, 2019). The results of surveillance on the prevalence of anemia among female adolescents in DIY were 25.5%. The results of research conducted in six schools in the City of Yogyakarta in 2018 showed that as many as 38% of adolescents did not consume iron tablets, they were more likely to consume iron tablets if they tasted good. Prevention and control of anemia in female adolescents in schools is carried out through several efforts such as training for School Health Service (UKS) teachers, counseling for students, parents of guardians by school teachers, and then students can conduct counseling for other students (peers).

Objectives: To analyze the role of the puskesmas, schools, and parents in the prevention and management of anemia among young women at SMKN 1 Kota Yogyakarta.

Methods: This research is Implementation Research using a qualitative approach with a descriptive-explorative design. Research respondents were selected using purposive sampling. Data collection used in-depth interviews and Focus Group Discussions (FGD).

Result: The implementation of anemia prevention and management programs in schools is not fully appropriate. All informants accepted the existence of this program in schools, although with several obstacles, a lack of cross-sectoral communication, and a lack of understanding of anemia in young girls.

Conclusion: Lack of communication has an impact on the success of the program and the need to increase the knowledge of all human resources involved in the prevention and control program for anemia in young girls at school.

Keywords : *Anemia, adolescence women, Implementation research, Qualitative*