

INTISARI

Anemia adalah kondisi yang sering ditemukan pada remaja putri dan ibu hamil di negara berkembang, hasil Riskesdas Tahun 2018 prevalensi anemia pada remaja putri sebesar 32% dan 48,9% pada ibu hamil, prevalensi anemia pada ibu hamil di Kabupaten Sleman sebesar 10,46%. Pemerintah telah melakukan upaya penurunan kasus anemia dengan program pemberian tablet tambah darah (TTD) pada remaja putri dan ibu hamil namun cakupan distribusi belum mencapai 100%, dan di Sleman cakupan distribusi TTD masih 85%. Tujuan penelitian ini adalah untuk mengetahui proses pendistribusian tablet tambah darah dari di Puskesmas, dan mengetahui faktor penghambat dan faktor pendukung yang mempengaruhinya.

Rancangan penelitian ini adalah penelitian deskriptif dengan pendekatan kualitatif menggunakan metode studi kasus, teknik pengambilan data dengan wawancara dan observasi dokumen yang mendukung proses distribusi tablet tambah darah di Puskesmas. Sampel dalam penelitian di ambil secara *purposive sampling* dan diperoleh 35 responden yang terdiri dari tenaga kesehatan, guru UKS, ibu hamil, dan remaja putri. Hasil wawancara dianalisis secara *content analysis*.

Hasil evaluasi pendistribusian tablet tambah darah di Puskesmas wilayah Kabupaten Sleman sudah sesuai dengan pedoman penatalaksanaan pemberian tablet tambah darah dan proses pendistribusian sudah efisien, dari 5 indikator hanya 1 indikator yang masih dibawah standar yaitu TOR TTD di Puskesmas Sleman 0,72 kali dan Puskesmas Moyudan 0,44 kali, dan ketersediaan TTD di Puskesmas Moyudan 27 bulan. Faktor pendukung dalam pendistribusian adalah regulasi, pemberian edukasi kepada ibu hamil, dan ketersediaan tablet tambah darah. Faktor penghambat dalam proses pendistribusian adalah tidak ada anggaran pendistribusian ke sekolah, belum ada jadwal pembagian dan minum bersama TTD di sekolah, dan kurangnya edukasi petugas kesehatan kepada guru UKS dan siswi putri. Kesimpulan proses pendistribusian tablet tambah darah di Puskesmas wilayah Kabupaten sudah efisien dan sesuai dengan pedoman pemberian tablet tambah darah kepada ibu hamil dan wanita usia subur.

Kata kunci: anemia, distribusi, ibu hamil, puskesmas, remaja putri, tablet tambah darah.

ABSTRACT

Anemia is a condition that is often found in adolescent girls and pregnant women in developing countries; the results of Riskesdas in 2018 showed that the prevalence of anemia in teenage girls was 32% and in pregnant women was 48.9%, the prevalence of anemia in pregnant women, specific in Sleman Regency was 10.46%. The government has made efforts to reduce cases of anemia through a program that provides blood supplement tablets to adolescent girls and pregnant women. However, the distribution coverage is not 100%, and in Sleman, the distribution coverage is still 85%. This study aimed to determine the process of distributing blood supplement tablets from the community health center *and* the inhibiting and supporting factors that influence it.

This research was designed in descriptive research with a qualitative approach using a case study method, data collection techniques with interviews, and observation of documents supporting the distribution process in 2022. The study was conducted using purposive sampling, and 35 respondents were health workers, teachers, pregnant women, and adolescent girls. The results of the interview were analyzed using content analysis.

The results of the study showed that the distribution of blood supplement tablets in Sleman Regency was to the guidelines for the management of blood supplement tablets, and the distribution process was efficient, one of five indicators, only one was still below the standard, namely TOR respectively 0.72x and 0.44x. The supporting factors in the distribution are regulations, educating pregnant women, and the availability of blood supplement tablets. The inhibiting factors in the distribution process are no budget for distribution to schools, no schedule for distribution and drinking together blood supplement tablets in schools, and lack of education of health workers to teachers and female students. Conclusion: The process of distributing blood supplement tablets at the community health center in Sleman Regency is efficient and by the guidelines for administering blood supplement tablets to pregnant women and women of childbearing age.

Keywords: adolescent girls, anemia, blood supplement tablets, community health center, distribution, pregnant women.